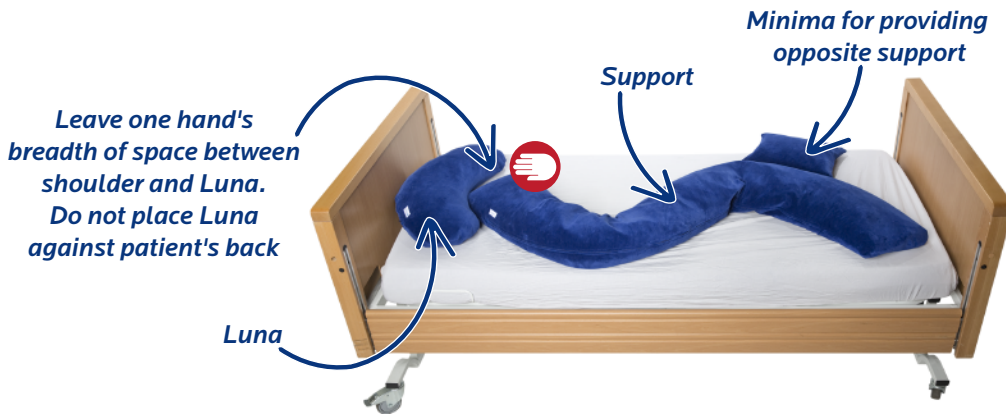


## LATERAL POSITION - 30 DEGREES AND PROVIDING OPPOSITE SUPPORT

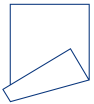


### INDICATION

- Hip decubitus
- Decubitus elsewhere, making repositioning necessary
- Increased muscle tension
  - Numb arm
  - Restlessness



Fold line



### FIVE REBA RULES

- 1**  
No force (do not forcefully push or pull on the patient).
- 2**  
Always leave a hand's breadth of space.
- 3**  
Fill all of the spaces where the patient's body does not make contact with the pillow.
- 4**  
Smooth the area where the patient touches the pillow to relieve any air pressure.
- 5**  
Provide opposite support to the patient in a lateral position.