

**LATERAL POSITION -
FROM SUPINE TO LATERAL POSITION WITH ABDUCTION**



INDICATION

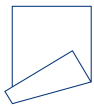
- Spine, tailbone and heel decubitus
- High muscle tension
- Low muscle tension
- Pes equinus



INDICATION

- If repositioning is desired
- Flexion knee
- Spine, tailbone and knee decubitus

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.