

Simple... safe... effective... the 30° tilt

Semi-recumbent Position



Supports the lumbar spine. Plump or fold the lower pillow if necessary.

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An additional pillow is positioned under the buttock to 'tilt' the body, giving the ischial tuberosities and sacrum clearance.



Ensure that the heels are clear of the mattress.



The full semi-recumbent 30° 'tilt' position.

Recumbent Position



Use one or two pillows to support the head and neck.



Added pillows 'tilt' the patient onto one buttock and lifts the sacrum clear of the mattress.



Support the full leg on another pillow. Ensure that the heel overhangs the edge of the pillow.



Additional pillows may provide comfort for the legs.



The full recumbent 30° 'tilt' position.



This demonstrates the necessity to use an additional pillow to prevent 'drop foot'.



position. Alternative position for patients who cannot achieve or maintain normal posture.

Points to remember

- 1. Encourage patients to re-position themselves if possible.
- 2. Remember to ask the patient if they are comfortable and check their position and skin* at regular intervals.
- 3. The 30° 'tilt' is used to enhance patient comfort and reduce pressure over high risk areas. It should be used with, and not in place of, an appropriate pressure reducing support surface/mattress and in line with Trust pressure ulcer prevention protocols.
- 4. Use your hand to check clearance.
- * Consult Tissue Viability for guidance on skin condition if concerned

www.thinkpressurecare.co.uk

Invacare Limited Pencoed Technology Park - Pencoed Bridgend CF35 5AQ - United Kingdom

Tel: +44 1 656 776 222 Fax: +44 1656 776 220 E-mail: uk@invacare.com Sales Order E-mail: ordersuk@invacare.com www.invacare.co.uk

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