

## SUPINE POSITION - FLEXION ABDUCTION

**INDICATION**

- Tailbone, shoulder and spine decubitus
- Bending spasms
- Flexion contractures of the legs

Distribute the pillow stuffing to ensure that it is divided evenly across the entire pillow. Use the **Comfort XL** for adults and the **Comfort** for children



Comfort XL can be removed if there is no danger of decubitus at spine and tailbone



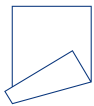
Leave one hand's breadth of space to keep the tailbone free, once the patient is lying on the pillow

Operate the bed (in the event of leg oedema and/or spasms) to create a Fowler (knee bend)



Depending on patient's posture the Minima can be removed

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.