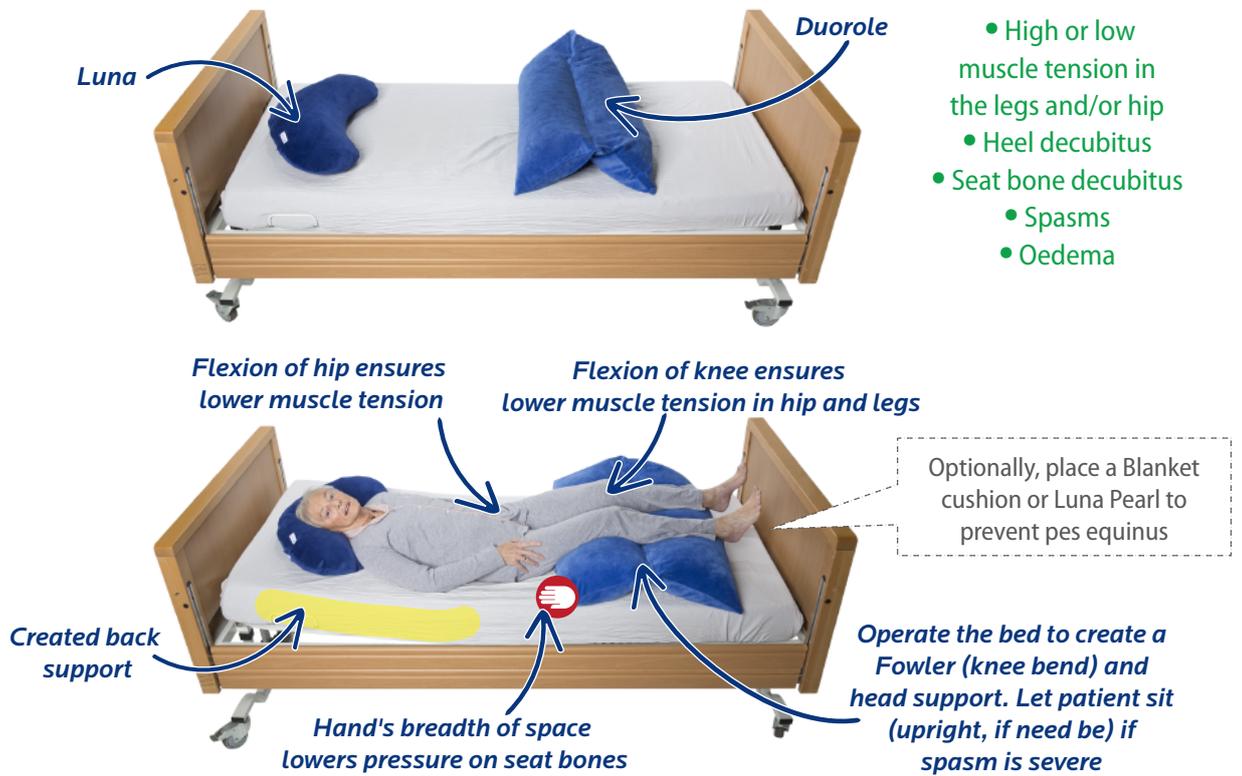


SUPINE POSITION - CREATE FOWLER

INDICATION

- High or low muscle tension in the legs and/or hip
- Heel decubitus
- Seat bone decubitus
 - Spasms
 - Oedema



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.