

Step-by-Step: Helping a Person Move in Bed to Prevent Pressure Injuries

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Pressure injuries are more likely to occur on bony parts of the body.

Check daily for any areas with sore, numb, or reddened skin.

Changing positions frequently will reduce pressure on any one spot.

Keep the torso angled at 30 degrees or lower. Place a pillow under the knees to prevent the person from sliding down.

When the person is lying on their back, use pillows under the legs to keep the heels raised. Don't use donut cushions.

When the person is lying on their side, use pillows to support them at a 15- to 30-degree angle to reduce pressure on the hips.

Also place a pillow between the knees to keep them from rubbing together.

To reduce pressure on any one area, help the person turn or change positions every 2 hours.

You can also help the person move in bed to increase circulation and stay flexible.

Begin by raising and lowering the legs. Then bend and gently stretch the legs.

Have the person flex and point their feet. Then have them rotate their ankles and wiggle their toes.

Have the person raise and lower their arms over their head. Then stretch their arms across their chest.

Have the person flex their hands up and down, and then rotate their wrists. Finally, have them open, clench, and wiggle their fingers.

Repeat these exercises several times a day or whenever you help the person change positions.