

Static positioning cushions for the extremities help with decubitus prophylaxis and/or therapy. They are used to support pressure-free positioning and to change and stabilise the position of people being cared for, especially in bed. The positioning cushions cannot replace manual changes of position, but they may be able to extend the intervals between changes and facilitate positioning. The duration of the interval depends on the individual state of health of the person being cared for. To ensure the safe use of the positioning cushion, the carer must have the appropriate technical expertise or has been instructed in the use of the product by a care professional.

**Indications:**

- **Decubitus prophylaxis and therapy:** Gentle positioning allows vulnerable areas of the body such as arms, legs and/or heels to be temporarily positioned freely or softly.
- **Mobility restrictions and/or impaired body perception:** The positioning cushion helps to reduce the strength of pressure and shearing forces and to secure the position of people being cared for who are no longer able to change position independently.
- **Pain:** Pain relief through relieving positioning

## Positioning examples

### General preparation



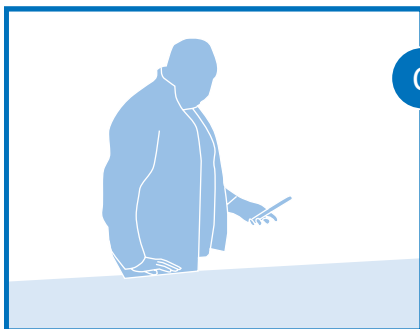
A.

First check the universal cushion for cleanliness and possible damages.



B.

Please ensure that the filling is evenly distributed in the cushion during the positioning process.



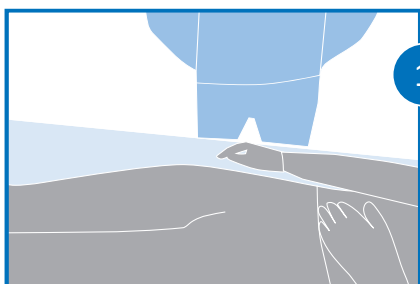
C.

The care bed should be adjusted to the working height of the carer. The height of the carer's hip bone is used as a reference point.

If the person being cared for is responsive, they should be informed of every step. Make eye contact and, if accepted by the person being cared for, place your hand on their shoulder.

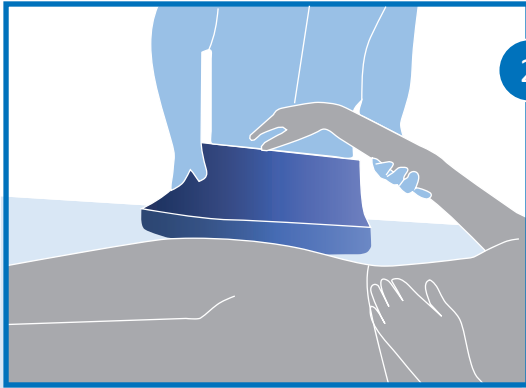
### Positioning of the arm

The universal cushion is used to support the positioning of extremities.



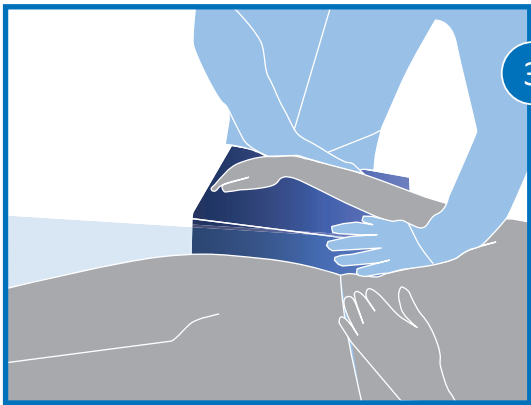
1.

The person being cared for should be lying in a supine position. The carer is positioned at the arm that is to be relieved.



The carer ensures not to lift the arm directly at the joints.

The carer lifts the forearm from underneath and with the other hand he places the cushion under the forearm.



It is important that the elbow of the person being cared for is either exposed or resting completely on the cushion. The arm should not be lying on the edge.

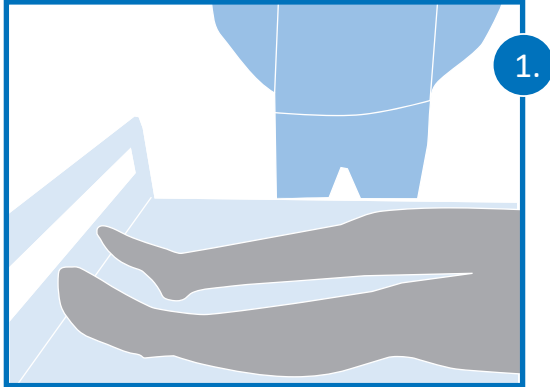
If possible, make sure that the person being cared for agrees with the position and check the arm again to make sure it is well positioned.

**To bring the person being cared for back into the initial position, the following measures should be taken:**

The carer lifts the arm of the person to be cared for and removes the universal cushion. Check again that the person to be cared for is lying comfortably.

## Positioning of the leg

Prepare the positioning process as described in picture A-C.

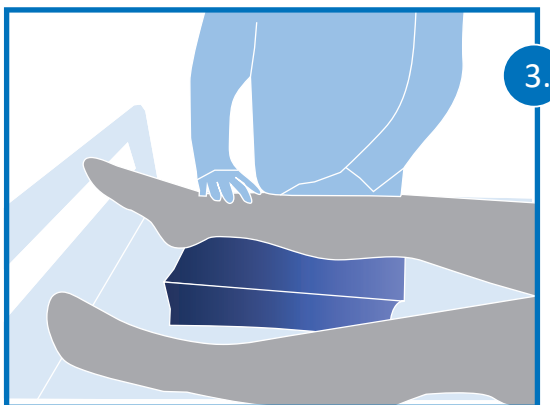


The person being cared for should be lying in a supine position. The carer is positioned at the leg that is to be relieved.



The carer ensures not to touch the leg directly at the joints.

The carer lifts the patient's lower leg with one hand and places the universal cushion under the lower leg with the other hand.



The heel of the person being cared for should be exposed. If possible, make sure that the person being cared for agrees with the position and check the leg again for proper positioning.

**To bring the person being cared for back into the initial position, the following measures should be taken:**

The carer lifts the leg of the person to be cared for and removes the universal cushion. Check again that the person to be cared for is lying comfortably.