

## Therapy

# Prone Positioning

### Introduction

Evidence suggests that lying on your front (prone) could help you with your breathing and getting oxygen to your lungs and into your blood stream. If you have sputum on your chest, this position could also help you clear your chest more easily.

### What to do...

Your Physiotherapist has assessed you and feels lying on your front may be a technique that could benefit you.

Please try the following...

- 30 minutes to 2 hours lying fully prone (on your front with the bed flat)
- 30 minutes to 2 hours lying on right side (bed flat)
- 30 minutes to 2 hours sitting up (30-60 degrees) by adjusting head of the bed
- 30 minutes to 2 hours lying on left side (bed flat)
- 30 minutes to 2 hours lying prone again
- Continue to repeat the cycle...



## Patient Information

### When you should abandon this technique...

If you experience any of the following, please return to a position you find more comfortable:

- Increased difficulty breathing
- Unable to tolerate the position
- If you find you are unable to independently get yourself into the position

If you have any concerns or queries regarding your exercise, please ask a member of staff for advice on **024 7696 6013**.

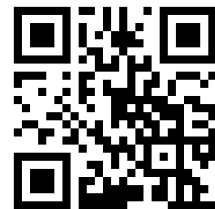
The Trust has access to interpreting and translation services. If you need this Information in another language or format, please contact 024 7696 6013 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

### Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:  
[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



#### Document History

Department:	Therapy
Contact:	26013
Updated:	February 2023
Review:	February 2025
Version:	3
Reference:	HIC/LFT/2446/20