



Body Mechanism (positions)

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Body Mechanics



- Positions and movements used to maintain proper posture and avoid muscle and bone injuries.
- Back injury is the number one injury experienced by health care workers while they are on the job.
 - Lift, transfer, or position patients.



❖Positioning

Positioning is important for maintaining alignment, preventing bed sores (pressure ulcers), foot drop, and contractures. Proper positioning is also vital for providing comfort for patients who are bedridden or have decreased mobility related to a medical condition or treatment

Purposes (aims) of change position

1. To promote comfort to the patient.
2. To relieve pressure on various parts.
3. To stimulate circulation.
4. To perform surgical and medical interventions.
5. To prevent complications caused by immobility

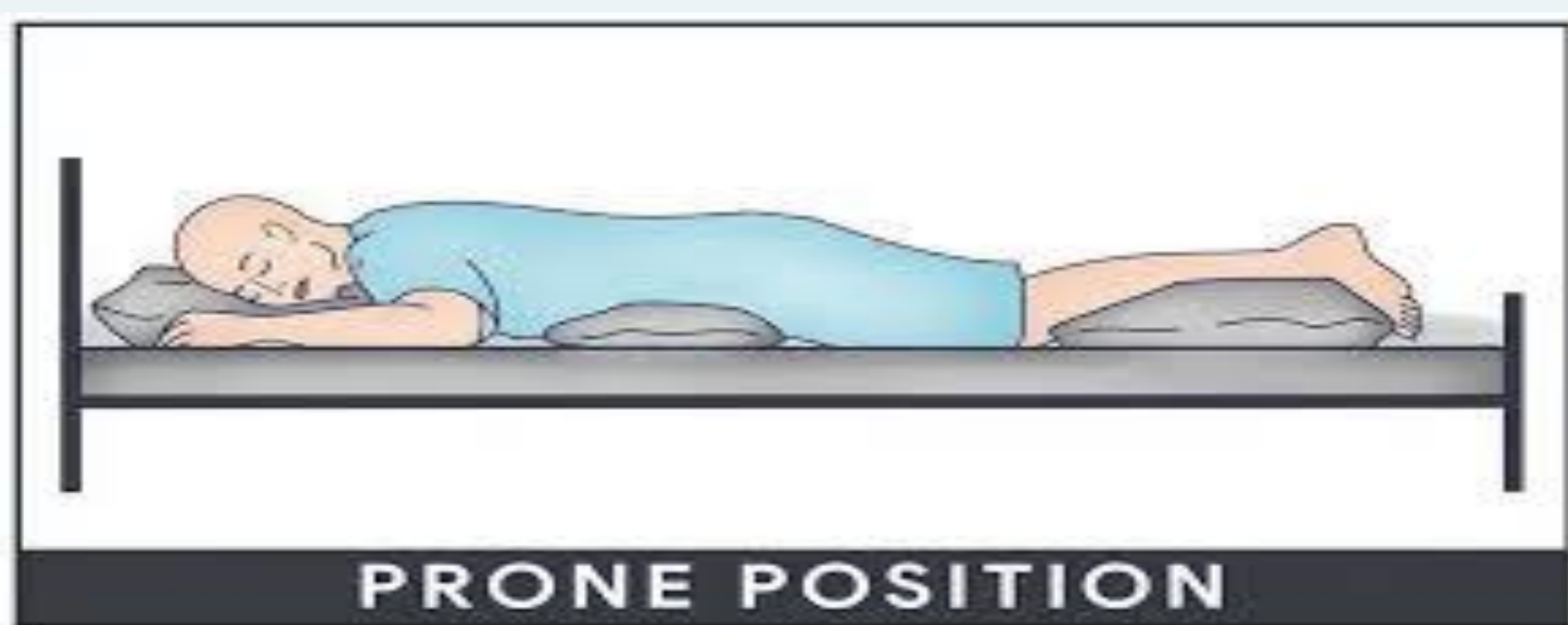
Supine Position

The patient lies on his back with his head and shoulders are slightly elevated



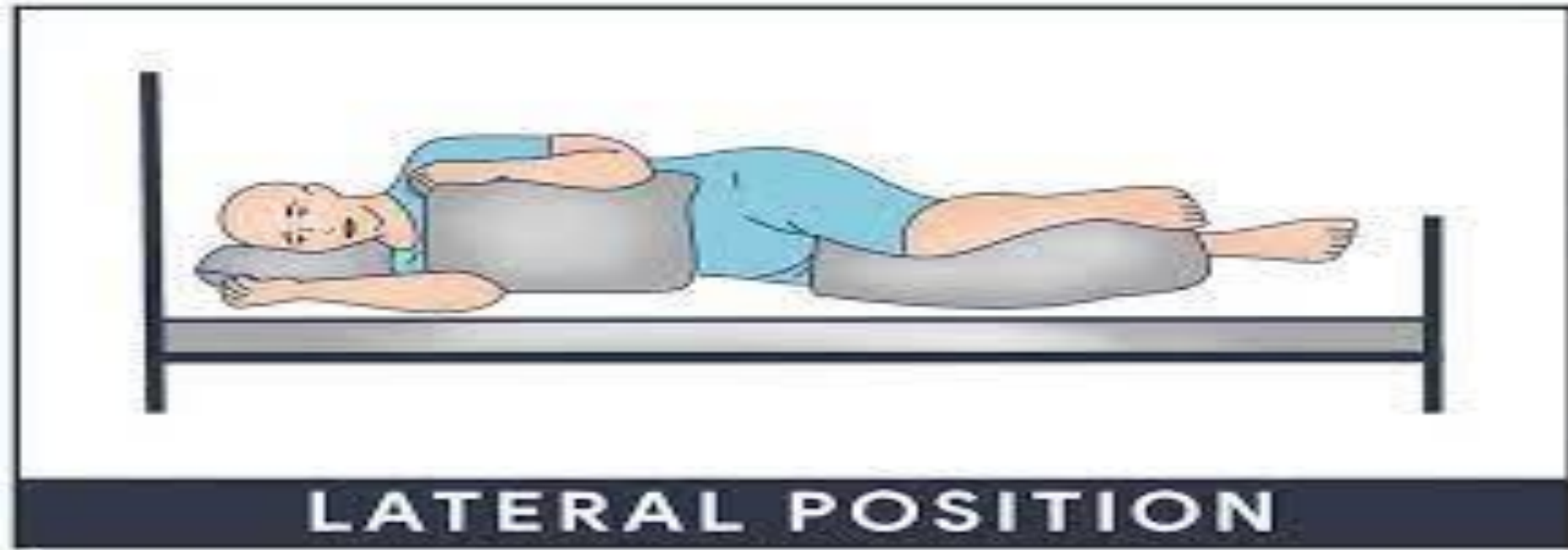
Prone Position

patient lies on the abdomen with the head turned to one side with one small pillow under the ankle.



Lateral Position

The client lies on the side with weight on hip and shoulder



Sims Position

Sims' Position (semiprone position) : the client assumes a posture halfway between the lateral and

Figure: Sims' Position



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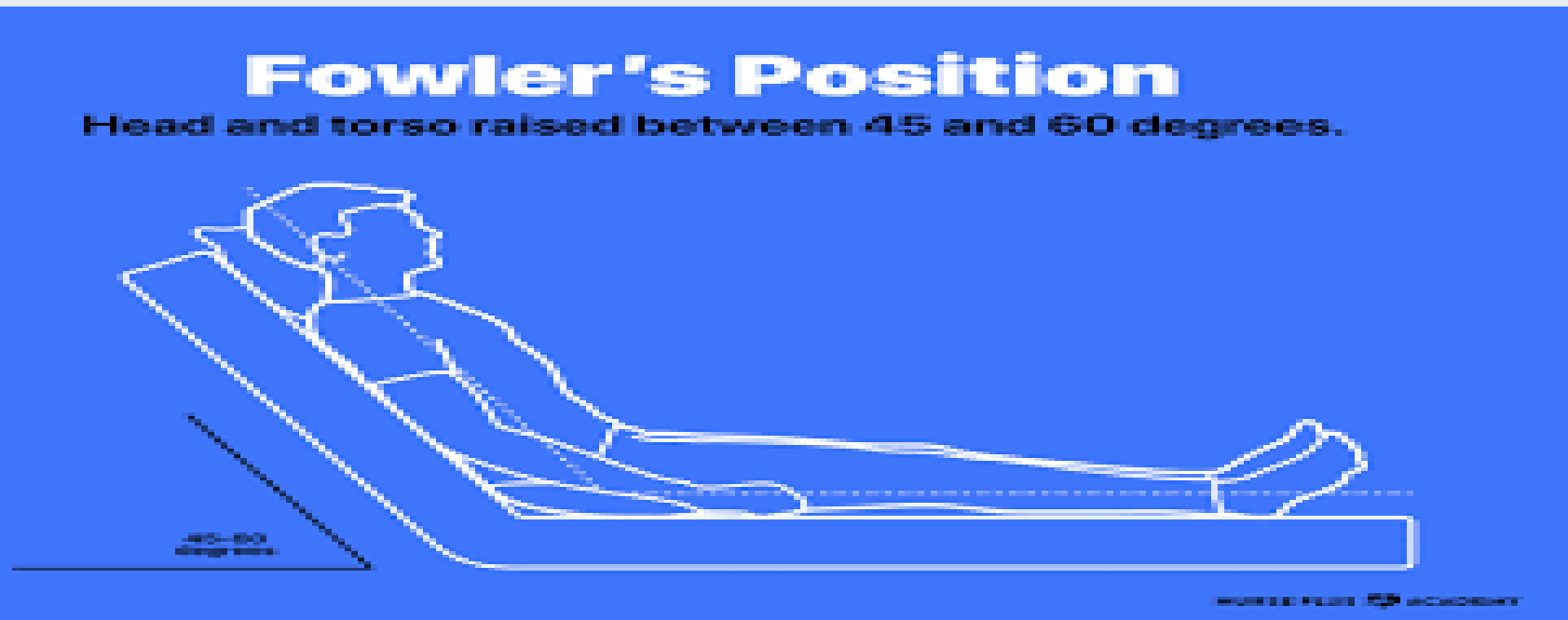
Lithotomy Position

□ Lithotomy Position The client lies supine with hips flexed. The legs are separated and thighs are flexed
For delivery of baby



Fowler's position (Semi-sitting position):

is a bed position in which the head and trunk are raised 45 to 60 degrees

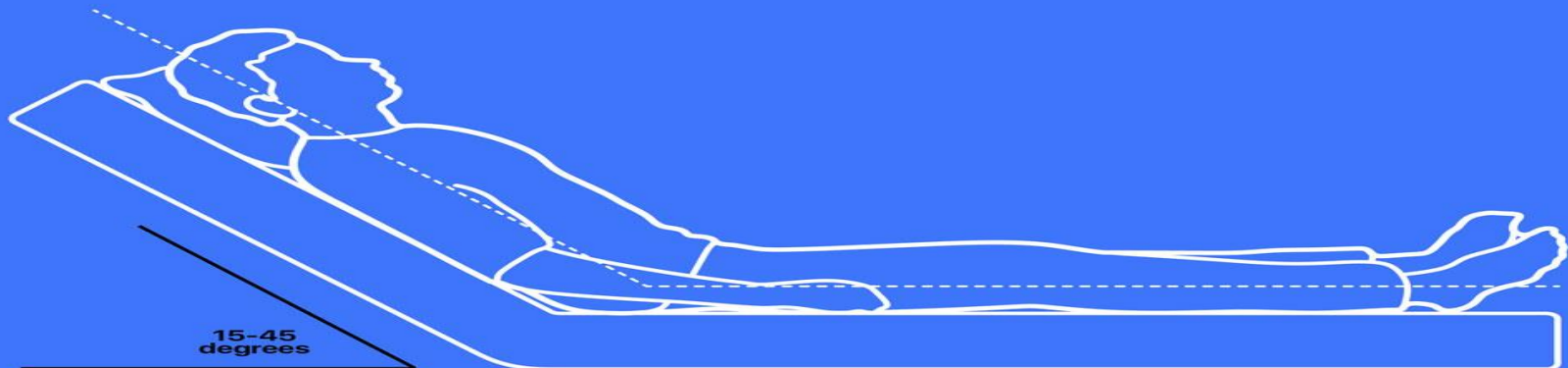


Semi-Fowler's position (low Fowler's):

is when the head and trunk are raised 15 to 45 degrees.

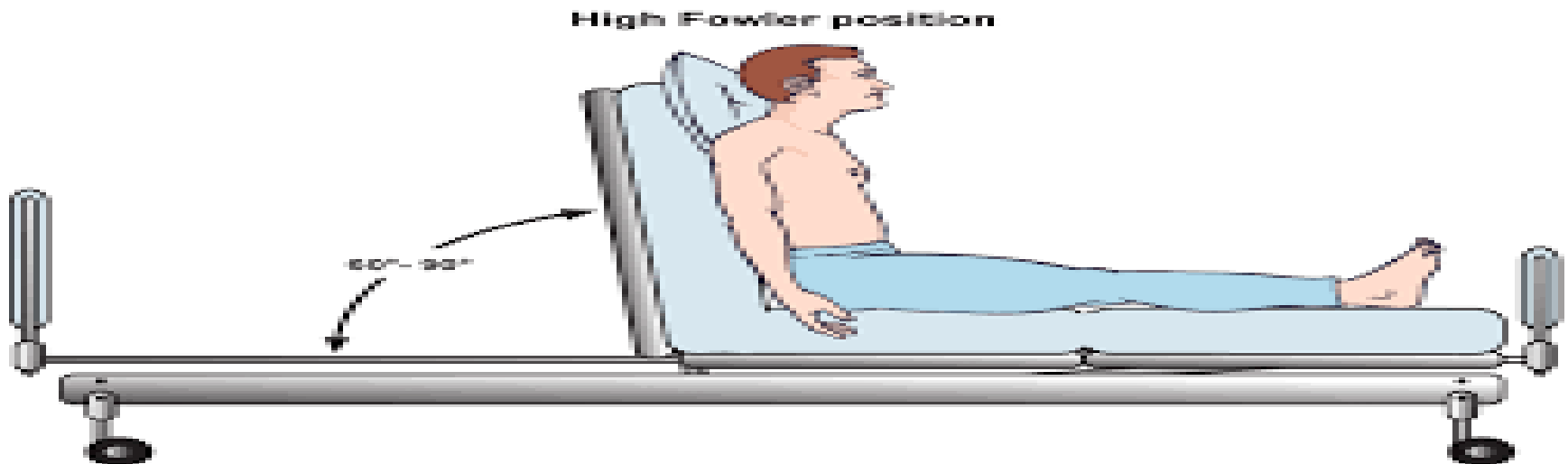
Semi-Fowler's Position

Head and torso raised between 15 and 45 degrees.



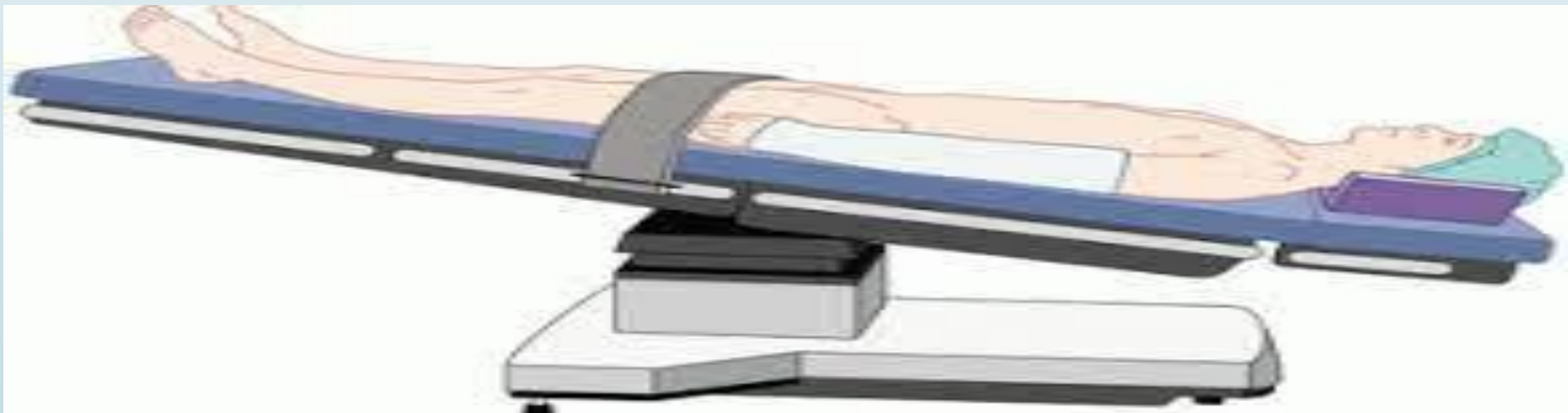
High Fowler's position

the head and trunk are raised 60–90 degrees, and most often means the client is sitting upright at a right angle to the bed



Tredlernberg Position

The patient lies on the back with the head low. The foot of the bed is elevated at 45° angle. Used in emergency situations like shock, hemorrhage and hypotension Patients with deep vein thrombosis



Thank
you!