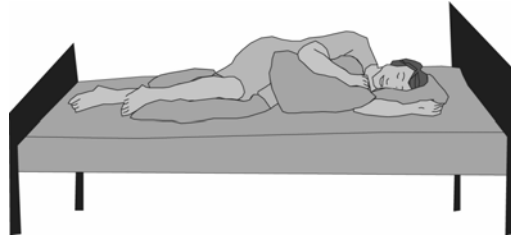


14. Position client's knees slightly flexed, upper leg more than the lower leg. Support the upper leg on pillow (Figure 25.11).

*Figure 25.11
Lateral Position*

15. Support upper arm on pillow.
16. Rotate lower shoulder slightly toward you so that pressure is not on the bone.



17. Place hand-roll or rolled washcloth in clean, dry hand with thumb in opposition to fingers (per service plan).
18. Make the client comfortable, fasten tubing if unpinned while moving client, and adjust bedding.
19. If necessary, lower the bed to a position of safety; raise side rails per service plan.
20. Wash your hands.

Chapter Review

1. What are body mechanics?
2. Why are body mechanics important?
3. What are the key points of body mechanics?
4. What are the principles of lifting and moving?
5. How do you move a client to head of bed according to proper procedure?
6. How do you turn a client to his side (3/4 turn) according to proper procedure?