# Simple... safe... effective... the 30° tilt

## Semi-recumbent Position

1. **Supports the lumbar spine.** Plump or fold the lower pillow if necessary.
2. **An additional pillow is positioned under the buttock to ‘tilt’ the body,** giving the ischial tuberosities and sacrum clearance.
3. **Ensure that the heels are clear of the mattress.**
4. **The full semi-recumbent 30° ‘tilt’ position.**

## Recumbent Position

1. **Use one or two pillows to support the head and neck.**
2. **Added pillows ‘tilt’ the patient onto one buttock and lifts the sacrum clear of the mattress.**
3. **Support the full leg on another pillow.** Ensure that the heel overhangs the edge of the pillow.
4. **Additional pillows may provide comfort for the legs.**
5. **The full recumbent 30° ‘tilt’ position.**
6. **This demonstrates the necessity to use an additional pillow to prevent ‘drop foot’.**
7. **Variant position. Alternative position for patients who cannot achieve or maintain normal posture.**

## Points to remember

1. Encourage patients to re-position themselves if possible.
2. Remember to ask the patient if they are comfortable and check their position and skin* at regular intervals.
3. The 30° ‘tilt’ is used to enhance patient comfort and reduce pressure over high risk areas. It should be used with, and not in place of, an appropriate pressure reducing support surface/mattress and in line with Trust pressure ulcer prevention protocols.
4. Use your hand to check clearance.

* Consult Tissue Viability for guidance on skin condition if concerned

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