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

Semi-recumbent Position

Recumbent Position



Supports the lumbar spine. Plump or fold the lower pillow if necessary.



An additional pillow is positioned under the buttock to 'tilt' the body, giving the ischial tuberosities and sacrum clearance.



Ensure that the heels are clear of the mattress.



The full semi-recumbent 30° 'tilt' position.



Use one or two pillows to support the head and neck.



The full recumbent 30° 'tilt' position.



Added pillows 'tilt' the patient onto one buttock and lifts the sacrum clear of the mattress.



This demonstrates the necessity to use an additional pillow to prevent 'drop foot'.



Support the full leg on another pillow. Ensure that the heel overhangs the edge of the pillow.



Variant position. Alternative position for patients who cannot achieve or maintain normal posture.



Additional pillows may provide comfort for the legs.

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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