

Proning – Information Leaflet for Patients

Try not to spend time lying flat on your back.
Lying on your stomach and alternating positions will help get air into all areas of your lungs.

Spend as much time as possible lying on your front as demonstrated below:

Lying on your front

Remove the head of the bed. Place pillows under chest and pillows on table at head of bed to support (Fig. 1 & 2); or supported with pillow between legs, head turned to side (Fig. 3)



Fig. 1



Fig. 2



Fig. 3

****If this becomes uncomfortable, please see below alternative positions; however remember to return to lying on your front when possible****

1. Sitting up



Fig. 4

2. Lying on right side



Fig. 5

3. Lying on left side



Fig. 6

