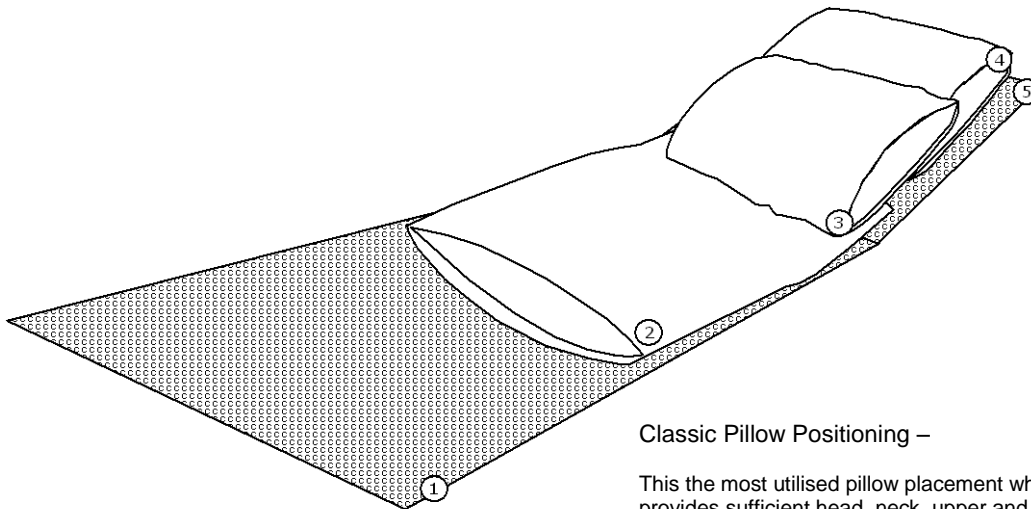


Brave Postural Pillow Positioning –for those in Recovery

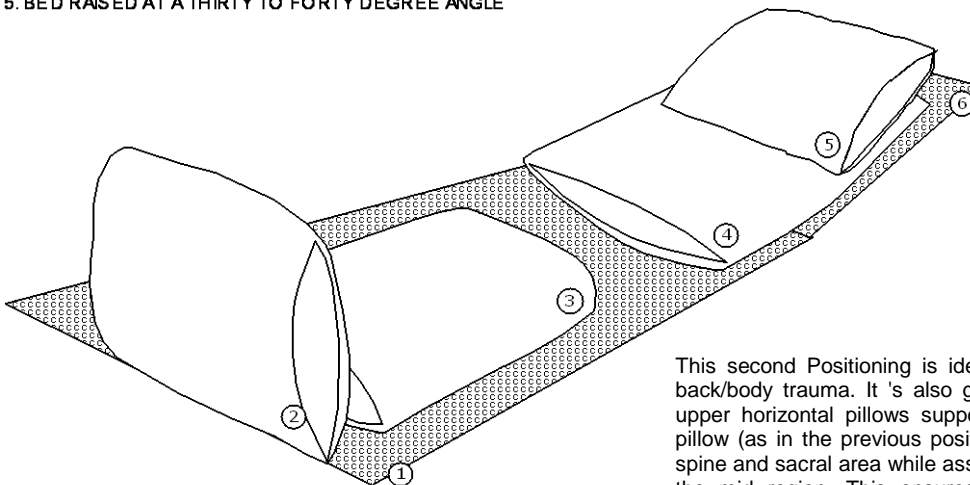
This added support is targeted at the naturally curved areas of our body that are not designed to rest flatly and solidly on a surface when we assume a posture, vertically or horizontally. More specifically these supports apply to: the arch/curves of your spine the curve that is essentially the back of your neck, the smaller curve at the back of your knees and the smallest or most subtle, behind your ankles.



Classic Pillow Positioning –

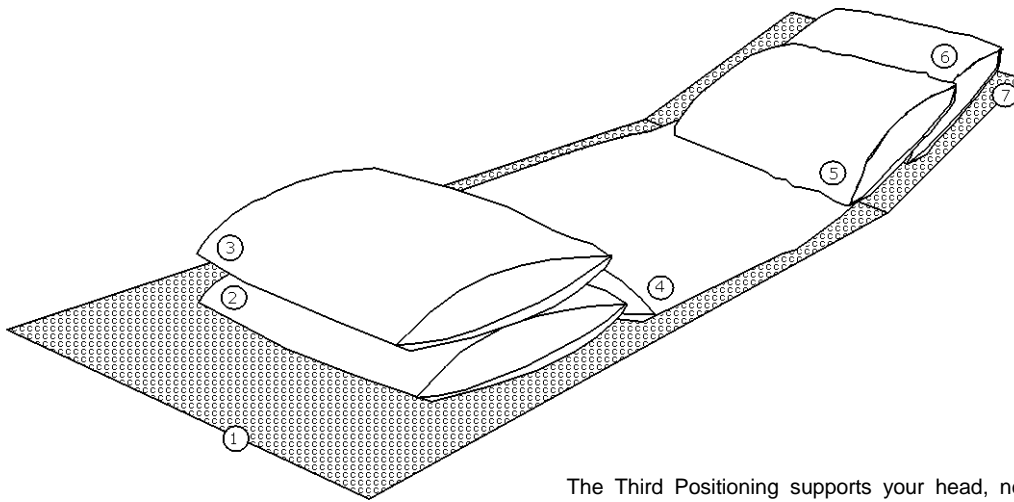
This the most utilised pillow placement when confined to bed rest. It provides sufficient head, neck, upper and middle body support to ensure a good posture, ease in breathing, uninhibited digestion and sufficient visual dexterity, without causing strain in your neck or back. You can add or remove a horizontally placed pillow, but should always leave the vertically placed one in position as a spinal support, unless otherwise prescribed. You may also find it beneficial to add more support in the form of a small wedge/ 'u' shaped pillow or rolled towel, for the curve of

1. BED SURFACE
2. STANDARD PILLOW PLACED VERTICALLY
3. FIRST STANDARD PILLOW PLACED HORIZONTALLY
4. SECOND STANDARD PILLOW PLACED HORIZONTALLY
5. BED RAISED AT A THIRTY TO FORTY DEGREE ANGLE



1. BED SURFACE
2. STANDARD PILLOW PLACED UPRIGHT
3. FIRST STANDARD PILLOW PLACED VERTICALLY
4. SECOND STANDARD PILLOW PLACED VERTICALLY
5. STANDARD PILLOW PLACED HORIZONTALLY
6. BED RAISED AT A THIRTY TO FORTY DEGREE ANGLE

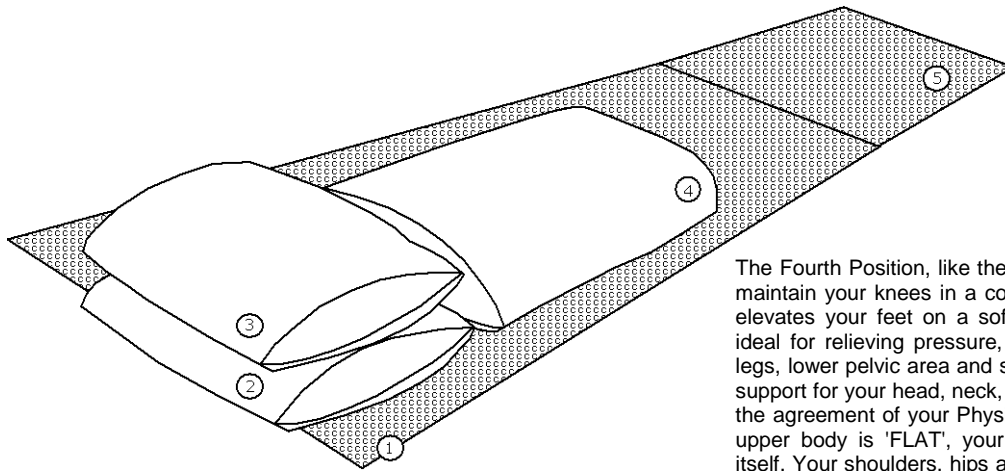
This second Positioning is ideal for those with spinal, pelvic, lower back/body trauma. It 's also great for injured ankles and feet. The upper horizontal pillows support head and neck, the upper vertical pillow (as in the previous positioning) provides support to your lower spine and sacral area while assisting in alleviating strain or pressure in the mid region. This ensures you maintain better posture. Better posture means better alignment and therefore less effort and discomfort. The lower vertical pillow supports your knees and calves while gently raising your feet. An ideal way of relieving heaviness and inflammation. The upright pillow rests against the foot of your bed to provide a surface to place your feet against, in an upright position. This is so important since we have 72 000 nerve endings in our feet! The stimulation of these is directly related to all the systems in your body, preserving muscle tone and circulation, and allows you to gently contemplate a 'standing' position whilst safe and supported (especially if your bed is tilted). It improves your sense of security, making you feel grounded again. You may need to add a pillow or two in this upright position, based on your height. You can add support (wedge/'u' shaped pillow/ bolster/ towel) for your neck, small of your back, knees or ankles.



1. BED SURFACE
2. FIRST STANDARD PILLOW PLACED HORIZONTALLY
3. SECOND STANDARD PILLOW PLACED HORIZONTALLY
4. STANDARD PILLOW PLACED VERTICALLY
5. THIRD STANDARD PILLOW PLACED HORIZONTALLY
6. FOURTH STANDARD PILLOW PLACED HORIZONTALLY
7. BED RAISED AT A THIRTY TO FORTY DEGREE ANGLE

The Third Positioning supports your head, neck, upper and lower spine, pelvic/sacral area while enabling you to raise and maintain your knees in a comfortable, bent position. This safely extends your physical reach, relieves heaviness and "pins and needles", common sensations when immobile. It facilitates in 'raising' you into a more upright posture, extending your visual reach. Therefore it's ideal for bed baths, changing clothes, reading, writing, specific Physio and Micro Movements. You'll instantly feel more awake and physically composed. Again, based on your height (leg length), add a horizontal pillow under your knees until you feel adequately supported.

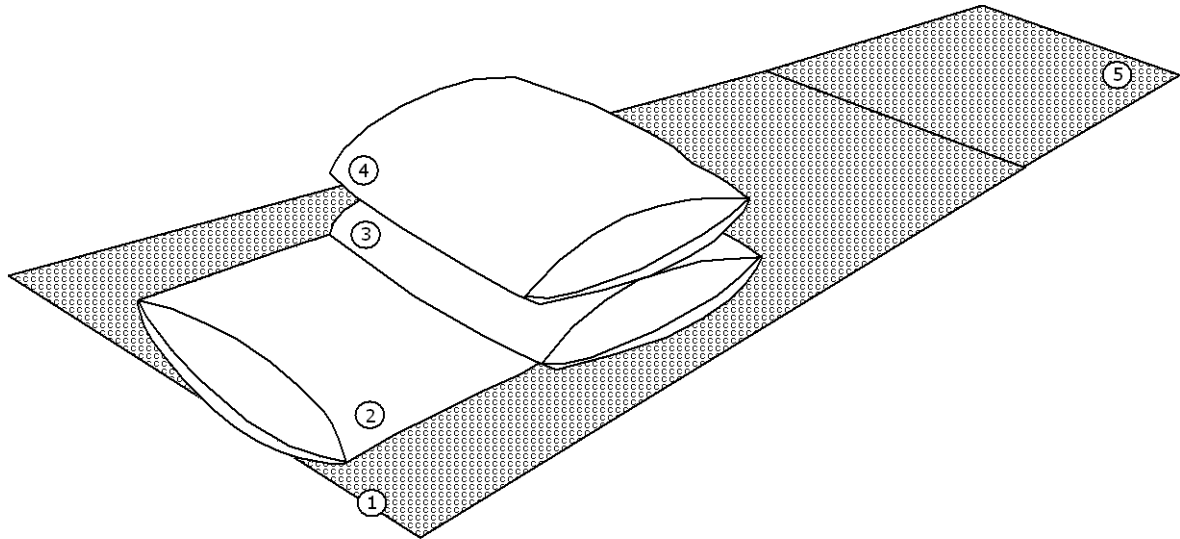
Once comfortable, have the back of your bed incrementally raised from flat to 30°, 40° or 45°. It's also ok to add an upper horizontal pillow for extra support, but be aware of keeping your spine as aligned and upright as possible, ensuring you aren't collapsing into 'slouch'. If your injuries prohibit raising both legs, simply have the lower pillows placed only on the side you can move or turned vertically to support just one leg. Always raise the entire lower leg from under the knee, even if only wanting to raise your foot or you'll create strain due to hyperextension. Add pillows to the foot of your bed as described in the previous position.



1. BED SURFACE, YOGA MAT OR FLOOR
2. STANDARD PILLOW PLACED VERTICALLY
3. FIRST STANDARD PILLOW PLACED HORIZONTAL
4. SECOND STANDARD PILLOW PLACED HORIZONTAL
5. FLAT /LOWERED BED, YOGA MAT OR FLOOR

The Fourth Position, like the previous, enables you to raise and maintain your knees in a comfortable bent position AND gently elevates your feet on a soft, comforting surface. It's therefore ideal for relieving pressure, inflammation or discomfort in your legs, lower pelvic area and spine. Because it does NOT provide support for your head, neck, mid-spine or sacral area, use it with the agreement of your Physio or Therapist. When your mid and upper body is 'FLAT', your spine will naturally begin to align itself. Your shoulders, hips and knees should also be as aligned with each other, as is comfortable i.e. feet with knees, hips and shoulders. You are therefore supported by the 'FLAT' surface of the bed itself i.e. the bed back should not be raised at all.

This position should be used, at least in the early days, with the added support of a 'u' shaped neck pillow or a tightly rolled towel to wrap around the arch/curve of your neck (the smaller curve between the top of your spine and the base of your skull - that is the back of your neck). This helps to effortlessly correct the natural curves of your spine by helping to 'tuck your chin toward the base of your neck, bringing your pelvis into its natural tilt. The degree to which your chin wants to lift is the degree to which you are assuming a trauma posture. You may also need to add a pillow for your mid-spine (at the small of your lower back, which will be naturally raised from the surface). You can add the first vertical pillow as illustrated above, to the previous posture (Posture 3) if you want to elevate your feet, aid your circulation or soften the feel of the surface of the bed. It relieves "heaviness" and "pins and needles". Based on your height (leg length), add a horizontal pillow under your knees until you feel adequately supported. If your injuries prohibit raising both legs, or you need to raise one leg, simply place the lower pillows on the side you can move and turn vertically to support only one leg. Always raise the entire lower leg from under the knee, even if only wanting to raise the foot or you can create strain due to hyperextension. As you progress, and your mobility increases, try turning one or both of the horizontal pillows vertically (standing upright on their sides, effectively turning them into an orthopaedic wedge) to support your knees & legs more actively, useful when practising micro movements, remedial yoga therapy or Physio.



1. BED SURFACE, YOGA MAT OR FLOOR
2. STANDARD PILLOW PLACED VERTICALLY
3. FIRST STANDARD PILLOW PLACED HORIZONTALLY
4. SECOND STANDARD PILLOW PLACED HORIZONTALLY
5. FLAT / LOWE RED BED, YOGA MAT OR FLOOR

This Fifth Positioning, like Position Four, safely releases your pelvis into its natural tilt, reduces pressure on your sacral area, sciatic nerves and limbs improving your physical mobility, relieving "heaviness" and "pins and needles", common sensations when immobile. Therefore it's ideal for relieving lumbar pain, and for Micro movements, remedial Yoga Therapy and Physio. However, like the previous, because it does NOT provide support for your head, neck or mid-spine, use it with the agreement of your Physio or Therapist. When your mid and upper body is 'FLAT', your spine will naturally begin to align itself. Your shoulders, hips and knees should also be as aligned with each other, as is comfortable i.e. feet with knees, hips and shoulders. You are therefore supported by the 'FLAT' surface of the bed itself i.e. the bed back should not be raised at all. This position should be used, at least in the early days, with the added support of a 'u' shaped neck pillow or a tightly rolled towel to wrap around the arch/curve of your neck (the smaller curve between the top of your spine and the base of your skull - that is the back of your neck).

This helps to effortlessly correct the natural curves of your spine by helping to 'tuck' your chin toward the base of your neck, bringing your pelvis into its natural tilt. The degree to which your chin wants to lift is the degree to which you are assuming a trauma posture. You may also need to add a pillow for your mid- spine (at the small of your lower back, which will be naturally raised from the surface) You'll instantly feel more awake and physically composed. Based on your height (leg length), add a horizontal pillow under your knees until you feel adequately supported. If your injuries prohibit raising both legs, simply have the lower pillows placed on the side you can move and turned vertically to support only one leg.

\* At Brave we don't use the word "paralysis" since we have not come across a human body or even an area of a human body that does not move or respond to some stimulus. Therefore we use these positions for even the most severe spinal injury or immobility. Please refer to the library and special needs documents on our site/facebook group for more info on quad, para & hemiplegia.

Brave content is not intended to replace the advice of your medical professionals or therapists but rather to enhance and supplement. If you are under care and supervision – PLEASE ALWAYS CONSULT YOUR MEDICAL DOCTOR FIRST before applying any advice or suggestions given.