

# Using Proning and Repositioning

## What are Proning and Repositioning?

Proning means lying on your stomach.  
 Repositioning means using different positions to help your breathing. You will switch between lying on your sides and sitting.

You should move and reposition at least every 2 hours each day.

## Why Do Proning and Repositioning Work?

- They can make your breathing better by helping your lungs expand to get oxygen to the rest of your body. It may help you feel better.

- They may also help if you have obstructive sleep apnea and can't use your home CPAP machine in the hospital.
- They can help prevent pressure injuries, a skin injury caused by lying or sitting in the same position too long.

## When to Call Your Health Care Team

Use your call button if you:

- have increased difficulty breathing or shortness of breath
- are unable to tolerate the position you are in
- have any areas of discomfort or pressure on your skin.

## How Will You Use Them?

### Proning (lying on your stomach)

You should lie on your stomach for at least 8 hours off and on each day.

- Members of your health care team will move any equipment or devices.
- You will turn onto your stomach. Members of your health care team will help you if you need it.
- They will put pillows under your head, chest or shins for your comfort.



### Repositioning (lying on your side or sitting)

You should move and reposition at least every 2 hours each day.

- You will lie on your left side, right side and sitting upright (like in a chair) when you are not lying on your stomach.
- Using pillows between your knees and behind your back can help provide support.



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