



**immedia**

# Immedia LeanOnMe

Positioning handbook



# The next position is always the best

Regular repositioning is crucial for bedridden individuals who cannot move independently. Proper positioning allows relaxation, reduces discomfort, and helps prevent skin injuries and pain associated with prolonged immobility.

## Maintenance of body functions

We are today well aware of how important it is to prevent pressure and shear with an appropriate resting position 24 hours a day, 7 days a week, as it contributes to maintaining body functions and achieving rest and quality sleep, both of great importance for rehabilitation and for a good quality of life.

At the same time, appropriate positioning helps prevent long-term consequences such as contractures, pain, and pressure ulcers.

Immedia LeanOnMe consists of a wide range of multipurpose positioning cushions, which contribute to a better life quality experience through:

- Pressure relief
- Prophylactic effect
- Pain relief
- Calming effect
- Non-pharmacological benefits



***Proper positioning prevents contractures, pain, and pressure ulcers, enhancing quality of life.***



## Why LeanOnMe?

LeanOnMe, meaning “Support me,” helps users rest, maintain body functions, and ease carers’ workload. These easy-to-use cushions support transfers and positioning by utilising the user’s own resources.

Made from sustainable, skin-friendly materials, they offer comfort even for those with tactile sensitivities. The filling ensures stability, unique comfort, and calming sensory stimulation, with noise-minimising materials ideal for sensitive hearing. The cushions are available with Soft-Touch or Hygiene covers, while Wedges and Triangles have Soft-Touch or Non-Slip covers. For more information, scan the QR code on the brochure’s back.

## Who is LeanOnMe good for?

LeanOnMe cushions are helpful for supporting the body and protecting exposed areas during repositioning. They are ideal for individuals at risk of pressure ulcers due to limited mobility, existing ulcers, poor circulation, increased moisture or body temperature, poor nutrition, advanced age, sensory issues, being bedridden, or deteriorated health.

Studies show that an enclosed position calms anxiety, agitation, and anger, while enhancing relaxation, focus, and clarity.

## When is it time to change position?

People without disabilities make several movements per hour, which help prevent pressure ulcers, contractures, edema, pneumonia, and pain. Although the best position and frequency for repositioning are not well-defined, it’s important to assist those who cannot reposition themselves.

Frequent repositioning is a top nursing priority. It involves pressure redistribution, respiratory function facilitation, and comfort. It also allows for a brief **skin assessment**, focusing on areas over bony prominences like the sacrum, ischial tuberosities, greater trochanters, and heels, whenever possible.

Determining whether skin redness is blanchable or non-blanchable can be done with the finger or disc method\*:

- **Finger pressure method:** a finger is pressed on the erythema for three seconds and blanching is assessed following removal of the finger.
- **Transparent disk method:** a transparent disk is used to apply pressure equally over an area of erythema and blanching can be observed underneath the disk during its application. Avoid positioning the individual on an area of erythema whenever possible.

\*Reference: EPUAP/NPIAP/PPPIA, 2019



# The cause of pressure ulcers

When a person sits or lies in a specific position, sustained pressure on vulnerable areas reduces blood circulation as the skin's delicate blood vessels are compressed. Consequently, the tissue is no longer adequately supplied with blood and oxygen. As a warning signal from the body, a more or less intense pressing pain arises, prompting a healthy individual to change their position and thereby relieve pressure on the affected body area. Once the blood vessels are relieved from the pain, they are refilled with blood, and the skin tissue is adequately supplied again.

If an immobile user is unable to register the warning pain or move without assistance, pressure on the skin tissue persists despite the warning signals. Due to reduced blood circulation, oxygen deficiency occurs in the compressed skin cells, resulting in subsequent cell damage. The damage becomes more severe the longer and stronger the pressure acts on the skin. If the pressure is not relieved in a timely manner, the cells eventually die, leading to skin injury and/or pressure ulcers.

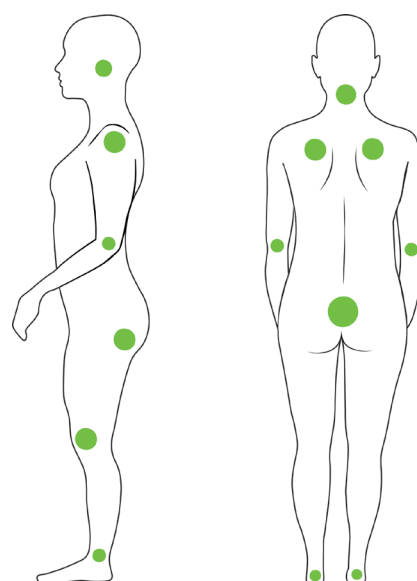


Disclaimer: This handbook offers guidance and suggestions for using the LeanOnMe family according to their intended use. These suggestions serve as general guidelines and do not replace the need for individual assessments performed by competent carers for each user/patient.

## Pressure areas

### Areas of the body particularly exposed to pressure

Depending on where the pressure is located on the skin, pressure ulcers can develop anywhere on the body. Especially vulnerable are the body parts subjected to deep pressure due to weight. Additionally, bony prominences are at risk because they are covered with less subcutaneous fat tissue. In a supine position, pressure ulcers most commonly affect the sacral area and heels, while in a lateral position, the pressure is often on the trochanters (hip bones), ankles, and ears. In a seated position, the ischial tuberosities are exposed. All these areas require close monitoring.



## 24-hour positioning

### The importance of 24-hour positioning

It is crucial for an immobile person to regularly change positions in bed to redistribute the pressure on the skin. Today, we understand the importance of 24-hour positioning to prevent skin breakdown and secondary complications such as contractures, joint misalignment, and pressure ulcers.

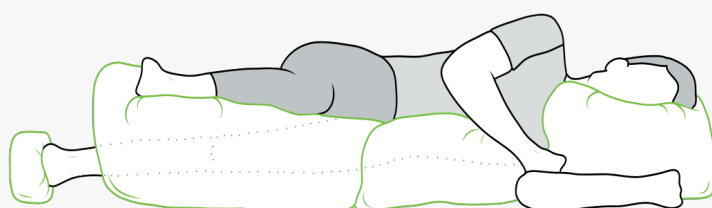
## Positioning immobile patients

### Key considerations for positioning immobile patients

When positioning immobile users, several factors must be considered, including— but not limited to—body alignment, stabilised neutral joints, and avoiding gaps.

## Body in alignment

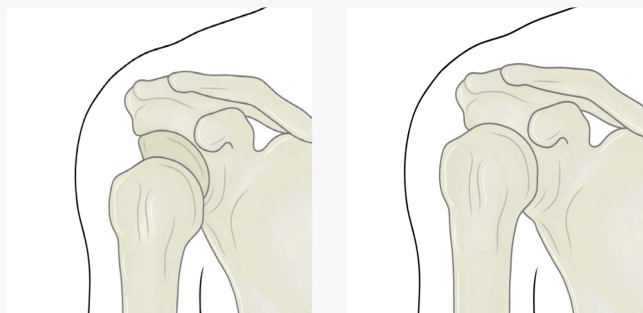
Properly align the user's body to maintain natural anatomical positions and prevent strain on muscles and joints. A good practice is to check for alignment before finishing the positioning by analysing the lines from shoulder to feet and across the body, whether the person is positioned in a supine or lateral position.





## Stabilised joints and muscles

Well-supported joints and muscles are essential for movement and rehabilitation since muscle activation depends on a neutral joint position and correctly positioned muscles. If, for example, the quadriceps muscle is not properly situated on the top of the femur when lying down, no one can lift the leg. If the user has an unsupported dislocation of a joint, e.g., diastasis in the shoulder, it causes pain and prevents movement over the joint.



## Avoiding gaps

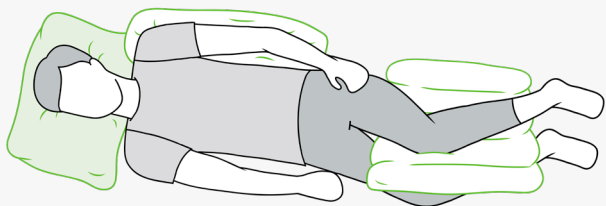
Provide adequate support from the surface using cushions and wedges to maintain a proper, even pressure distribution. This ensures the user can relax and prevents discomfort and/or skin injuries.

Users with contractures are not able to sink into the surface, e.g. the bed, which is why it is a pivotal part of the care to build up the surface in a way that supports the whole body.

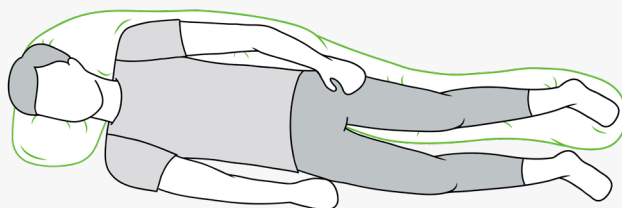
# Suggestions for basic positioning

## 30-degree inclined positioning

In this positioning, bony prominences like the sacrum or trochanters are offloaded or stressed as more of the body is supported. Therefore, it is considered the least risky positioning. To prevent pressure ulcers, it is recommended to avoid a 90-degree lateral position, as this places most of the body's weight on bony prominences.



Gently lift the loaded shoulder into place and check the position of the head. Vary by positioning to the right and left. Ensure that the heels and malleolus are not subjected to pressure.



Shake the roll gently. Place it starting from under the head or alternatively at the neck, and let it support along the entire body. Place the upper leg on top of the roll to achieve alignment of left and right side.

## Suggestion of cushions



Immedia LeanOnMe Roll L



Immedia LeanOnMe Channel



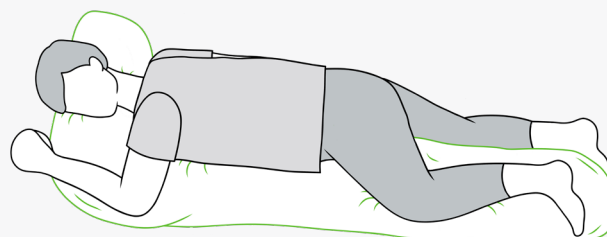
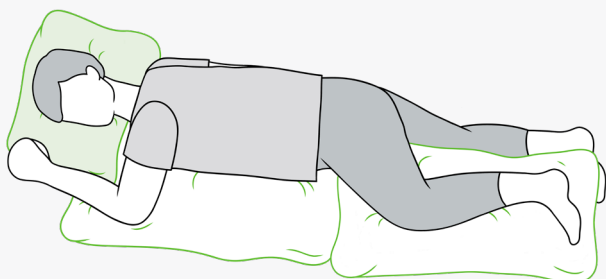
Immedia LeanOnMe Basic



Immedia LeanOnMe Wing

## 135-degree prone positioning

Most individuals find this position more comfortable than the traditional prone position. It relieves the shoulders, spine, hips, buttocks, and heels, thus allowing the lungs to remain free and breathing easier. This positioning provides extensive stimulation on the front side and stretches the hip joint, which has a positive effect, such as reducing spasticity.



Gently place the rear shoulder and hip, and check the position of the head. The rear arm lies alongside the body.

## Suggestion of cushions



Immedia LeanOnMe Roll L



Immedia LeanOnMe Channel



Immedia LeanOnMe Basic

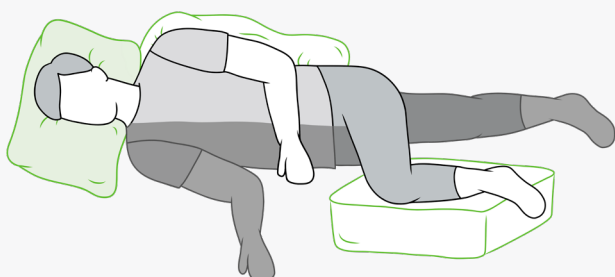


Immedia LeanOnMe Triangles

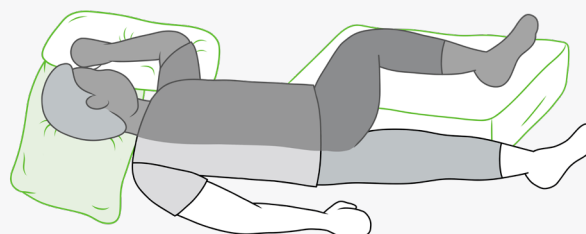


## Different positions for hemiplegia

Here are two different positions that can be alternated between. Which one to apply is individual and should be determined based on an individual skin and risk assessment.



Resting on the paralyzed side. The pressure strengthens the person's awareness of the paralyzed side. Gently place the burdened shoulder and hip. Be attentive to pain from the paretic shoulder. If there is pain, change the position.



Resting on the healthy side. A restful position to alternate with. Gently place the burdened shoulder and hip. Ensure that heels and malleolus are not subjected to pressure.

## Suggestion of cushions



Immedia LeanOnMe Channel



Immedia LeanOnMe Basic



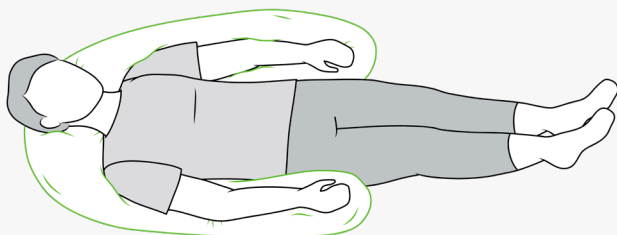
Immedia LeanOnMe Wing



Immedia LeanOnMe Wedges

## Embracing position

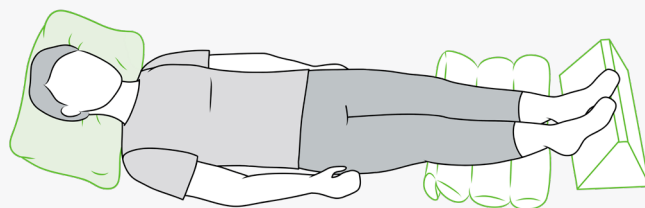
In lateral positioning, the roll can be shaped to support the head, back, and legs. It is highly suitable for users with brain injury or dementia and hemiplegic patients, as it provides good tactile stimulation.



Bend, shape, and mould the roll to the user's position. It can also be shaken to make it fuller in some areas and thinner in others.

## Relief for the lower back and heels

This position primarily relieves the lower back region and heels. It is a well-known resting position that provides relief from back pain and swollen legs.



In all supine positions, it's good to expose the heels and provide support to the soles of the feet. Ensure that heels and malleolus are not subjected to pressure.

## Suggestion of cushions



Immedia LeanOnMe Roll L



Immedia LeanOnMe Channel



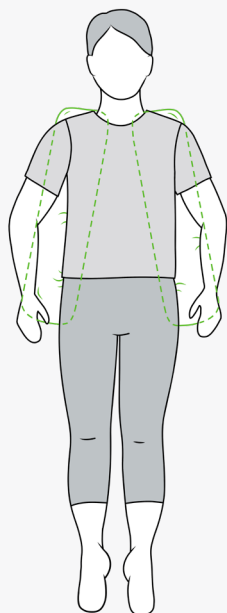
Immedia LeanOnMe Basic



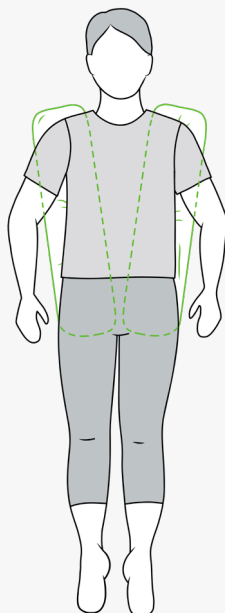
Immedia LeanOnMe Triangles

## Respiratory positions

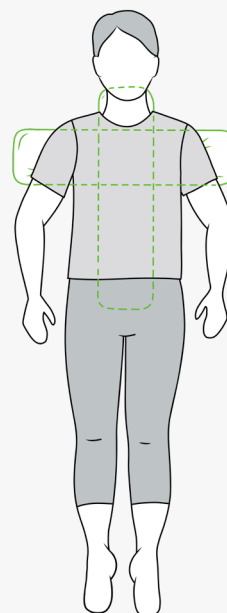
A-, V-, and T-positions facilitate breathing for bedridden individuals. By varying the placement of two Basic L cushions, different parts of the lungs are expanded. This can help prevent pneumonia and improve lung function. For kyphotic spines, lying supported on the back (A and V) may be possible, where the spine is supported with good sensory stimulation. With Position A and V, parts of the spine are also relieved. The T position supports the whole spine and facilitates a broader expansion of the lungs.



A - opens **upper** parts of the lungs and relieves part of the back.



V - opens **lower** parts of the lungs and relieves part of the back.



T - provides a **general** opening of the lungs.

## Suggestion of cushions



Immedia LeanOnMe Basic L



# Immedia LeanOnMe

Immedia LeanOnMe come in various models and sizes to meet different needs. Cushions are available with Soft-Touch or Hygiene covers, while wedges and triangles come with Soft-Touch or Non-Slip covers, the latter providing added stability.



## Immedia LeanOnMe Roll

A long cushion that can support the entire body.



## Immedia LeanOnMe Channel

Divided into four channels can be rolled and shaped for various purposes.



## Immedia LeanOnMe Wing

Steadily in place, as it is held by the patient's body weight.



## Immedia LeanOnMe Basic

Multipurpose squared cushions for even pressure distribution.



## Immedia LeanOnMe Mini

Placed where smaller gaps occur. Also for opening a hand affected by spasticity.



## Immedia LeanOnMe Ring

Provides relief and offers good comfort.



## Immedia LeanOnMe Wedges

For a stable support.



## Immedia LeanOnMe Triangles

Supports smaller parts of the body and fills gaps



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