1. **Supine Position / Dorsal / Horizontal Recumbent :-**

- Patient lies Flat on Back with extremity extended & legs abducted.

**Purpose :-**

- Comfort
- Vital Signs
- Physical examination of Anterior thorax, Heart, abdomen.
- Surgery of Anterior Portion
  - **Male Catheterization**

2. **Dorsal Recumbent :-**

- Patient lies supine with knee flexed.

**Purpose :-**

- Rectal & Vaginal Examination
  - **Female Catheterization**

3. **Prone Position :-**

- Patient lies Flat on Abdomen with head turn to One side.

**Purpose :-**

- Examination, treatment, surgery of the Back
  - **Prevent Pressure sore**

**Contraindication :-**

- Respiratory Problem
- Spinal Cord injury
- Abdominal Surgery
4. **Left lateral Position (left side line) :-**
   - Patient lies on Left side.

   **Purpose :-**
   - **Enema**
   - Rectal Suppository
   - Rectal Examination
   - Rectal temperature

5. **Sim’s (Left Lateral Prone) :-**
   - The client lies on Left side turn Prone at 45°, Lower leg Extended, upper leg flexed at Knee 45° - 90°.

   **Purpose :-**
   - Rectal & Vaginal Examination
   - Enema

6. **Fowler’s Position :-**
   Patient lies supine with Head of Bed Elevated upto 45° - 60° (Fowler Typically - 45°).

   1. **High Fowler’s Position :-**
      Head of Bed Elevated up to 90°.

   2. **Semi Fowler’s Position :-**
      Head of Bed Elevated 30°
Purpose :-
- To Relieve Dyspnea
- In Case of Increase ICP
- Drainage from Abdominal Cavity
- To Relieve tension of the Abdominal Suture.
- To Relax Back and thigh muscles.

7. Cardiac / Orthopneic Position :-
- Patient is sitting position lean forward on over Bed Table.

Purpose :
- Severe Dyspnea
- Cardiac Problem

8. Trendelenburg Position :-
- The Patient lies Supine with Head 30° - 40° lower than feets.

Purpose :-
- Pelvic Examination or Surgery
- Shock & Hypotension
- Postural Drainage
- To Promote Venus Return

Contraindication :-
- Position Don't give in case of Increase ICP
- Head & Spinal injury.
9. Reverse Trendelenburg Position :-
   - Patient lies supine with head upper than feets.

Purpose:-
   - GERD (Gastro Esophageal Reflux Disease)

10. Lithotomy Position :-
    - The Client lies on Back (Supine) with hip and Knee Flexed at 90° & feets are in Stirrups.

Purpose:-
    - Gynecological Examination & treatment
    - Benito Urinary Surgery
    - Normal delivery / Operative Delivery

11. Knee Chest / Genupectoral Position :-
    - Patient lies Prone on Knee & Chest

Purpose :-
   - Sigmoidoscopy
   - Rectal and Vaginal Examination
   - As a Post partum Exercise Abdominal muscle Relax

12. Rose Position :-
    - Patient lies Supine with Hyper extension of Neck.

Purpose :-
    - During Tonsillectomy
    - Adenoidectomy
    - Uvuloplasty
13. Walcher’s Position :-
- Patient lies Supine with lower extremities leg fall over from the edge of mattress.

Purpose:-
- Breech Presentation
- Forceps delivery
- Relax Perineum

14. Jack Knife Position :-
- Patient head & leg lower than hip.

Purpose:-
- Surgery of Coccyx & Rectal

15. Standing / Erect Position :-
- Patient Stand in Erect Position.

Purpose:-
- To assess Posture balance & Gait
- Orthopedic & Neurological Examination

16. Sitting Position :-
Purpose:-
- To Assess the Vital Signs
- Physical examination of Head, Neck, Anterior & Posterior thorax.
**Special Key-Points**

1. **Elevate** - इसमें Patient or patient के किसी Body Part को elevate करते हैं
   
   **Condition :-**
   - Skin Graft - immobilize
   - **Amputation**
   - Burn
   - Thrombophlebitis with Rest
   - **Varicose Vein** - above heart level

2. **Semi Fowler's Position:-**
   
   **Condition:-**
   - **Mastectomy**
   - Hypophysectomy
   - Laryngectomy
   - BronchoScopy
   - **CVA** ( Cerebro Vascular Accident )

3. **High Fowler's Position:-**
   - **NG Tube Insertion**
   - **Pulmonary Edema**
   - **Heart Failure**

4. **Semi Fowler's Position:-**
   - **ICP** में ( 30° - 40° )
   - Craniotomy
• Position in Procedures •

1. Kidney Biopsy :-
   * During Biopsy: Prone
   * After Biopsy: Supine

2. Liver Biopsy:-
   - During Biopsy : Supine
   - After Biopsy: Right Lateral

3. Lumber Puncture:-
   - C - Shaped Position :- side lying bowed back knees flexed chin toward the Chest.
   - After - Supine Position for 4 - 12 hour.

4. Paracentesis :-
   - Semi Fowler Position or Sitting Upright with feet Over Table.

5. Thoracentesis :-
   - Sitting at the edge of the bad with feet Over Table.
   - Side lying on unaffected side with head of Bed Elevated.

6. Air Embolism :-
   - Left lateral with Trendelenburg Position.

7. Spinal Cord injury :-
   - Logroll :- Do not turn or Twist the Patient.
8. Tonsillectomy :-
   - During :- Rose Position
   - After :- Prone / Side lying

9. Central Venous Pressure (CVP) :- [3 - 8 mm Hg Normal]
   - Supine with Head of Bed at 45°.

10. Appendectomy :-
    - Right lateral or Semi Fowler's Position.

11. Laminectomy :-
    - Muslim Prayer Position

- Cataract surgery :- Semi-fowler’s Position
- Cyanotic Spell :- Knee Chest Position
- Autonomic Dysreflexia :- High Fowler’s Position
- Tetralogy of fallot’s :- Squatting Position