



A FAMILY RESOURCE • 01

Family Guide for Manual Handling

*Safe transfers, positioning, and daily care
for a loved one recovering from stroke*

KADJI HOSPITAL

Residential Stroke Rehabilitation • Vadodara, Gujarat



1 Before You Begin

A stroke can weaken one side of the body, making movement, balance and daily tasks harder. Careful, unhurried handling protects your loved one — and your own back — while helping them regain confidence and independence.



Plan Each Move

- Explain what you'll do
- Clear the space
- Lock brakes on wheelchair



Protect Your Back

- Bend knees, not spine
- Keep load close
- Feet shoulder-width



Guide the Weak Side

- Support shoulder & hip
- Never pull the arm
- Move slowly

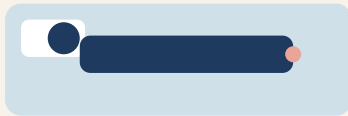


Speak & Wait

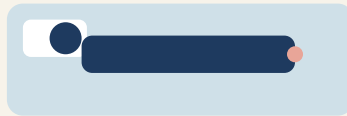
- Give simple cues
- Count '1-2-3'
- Praise every effort



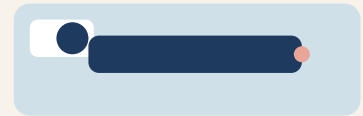
2 Positioning in Bed



ON THE BACK



AFFECTED SIDE UP



UNAFFECTED SIDE UP

- Change position every 2 hours to prevent pressure sores.
- Support the weak arm with a pillow — never let it dangle off the bed.
- Place a rolled towel behind the back to keep the trunk aligned.
- Keep the affected shoulder slightly forward, not pressed under the body.
- Feet should point up — use a footboard or pillow to prevent drop-foot.
- Check skin daily on heels, hips and elbows for redness.

◆ TIP FROM OUR THERAPISTS

A pillow between the knees relieves hip pressure and keeps the pelvis neutral during side-lying — small comfort, large benefit.



3 Safe Transfers

1

**Sit at Edge**

Feet flat, hips forward

2

**Lean & Rise**

Nose over toes, push up

3

**Pivot Slowly**

Small steps, guide hips

4

**Sit Gently**

Feel the chair, lower down

✓ DO

- Stand on the weak side
- Use a gait belt if unsure
- Lock wheelchair brakes
- Ask them to help — count aloud
- Keep path clear of rugs & wires

× AVOID

- Pulling by the affected arm
- Rushing or surprising them
- Twisting your own spine
- Lifting alone if uncertain
- Slippery socks on tiled floors



4 When to Call Us

- Sudden weakness, slurred speech, or facial droop — dial emergency immediately.
- New severe headache, vomiting, or loss of consciousness.
- Skin redness or open wounds that don't fade within an hour.
- Fall, even without visible injury — always inform us.
- Choking, coughing during meals, or refusing food & water.
- Sudden confusion, agitation, or unusual sleepiness.

Kadji Rehab — Always Reachable

Call our care team: +91 94038 90406

Vadodara, Gujarat • Residential stroke rehabilitation

You are not alone — we walk this recovery with you.