

Reclining Props

PROP LIST

- 2 Pillows. 1 Body Pillow
- Hand Towels
- Eye Pillows
- Rice Packs for stomach/back (heat packs)
- Warm stones for grounding
- Bolsters
- Face Cradle
- Pre-natal Massage kits are an option



LAYERING TABLE FOR COMFORT

- 1st layer: heated blanket
- 2nd layer: down alternative mattress pad (twin size)
- 3rd layer: sheet set with top blanket

Recommended: have extra blankets on hand to provide warmth.



FACE UP (SUPINE) PROPS

Props lower leg:

- Gently ask clients to bend their knees as you assist, place a pillow under knees
- Ask clients to try a second pillow under their calves. Ask the client: is that better or worse? Remove or leave the pillow accordingly



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HEATED RICE-FILLED FOOT BOOTIES

- Gently place booties on feet for additional warmth and comfort



RICE PACK ON SOLAR PLEXUS

- Gently place a warm rice pack on Solar Plexus (belly)

Contraindications:

- Recent abdominal surgery (seek doctor approval)
- Metastases to liver or abdominal region (seek doctor approval)



SUPPORTED HEAD AND NECK

- Roll a hand towel
- Gently lift client's neck
- Place towel in curvature of neck - similar to a neck roll

NOTE: keep DRY heated hand towels in hot towel caddie

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SUPPORTED UPPER BODY

- Have client sit up
- Stack two pillows horizontally on table
- Instruct client to gently lay back
- Ask client how it feels
- Ask if client would like to try a third pillow



- Have client sit back up
- Stack a third pillow vertically on table
- Instruct client to gently lay back
- Ask client if this option is better or worse.

NOTE: if a third pillow is unavailable, lift the second pillow up, place the face cradle on top of the first pillow and replace the second pillow vertically over the face cradle and first pillow. This can provide comfort similar to a third pillow.



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SUPPORT HANDS AND WRIST

- Place rolled towel under hand
- Or rolled towel under wrist

- Try both options. Use open-ended questions: do you prefer this? Or is this better?

NOTE: keep DRY towels in hot towel caddie.



EYE PILLOW

- Instruct client to close their eyes
- Gently place pillow over clients eyes
- Eye pillow needs to be unscented and wrapped in a washable sleeve or covered with a tissue

DO NOT heat eye pillow

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FACE DOWN (PRONE) PROPS

Prop Lower Leg to support lower back

- Place pillow under clients shins allowing their feet to hang over the edge of the pillow



RICE PACKS FOR COMFORT

- Place warm rice pack on sacrum for warmth and comfort

NOTE: Rice packs can be heated in the microwave (heat 1 minute, check, then heat in 30 second intervals). Rice packs can also be kept in a towel warmer. (Do NOT keep wet towels and rice packs in the same hot towel caddie.)



WARM STONES IN HANDS FOR GROUNDING

- Place in hands, have clients hold, and breathe deeply

Stones can be kept in a hot towel caddie.
Check temperature of stones.

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SIDE LYING PROPS

PILLOW UNDER LEG

- Place pillow under leg from hip down
- Instruct client to lift upper leg or gently lift client's upper leg
- Insert pillow between legs
- Client legs may straight be straight or scissor legs



PILLOW FOR UPPER BODY SUPPORT

- Hand a pillow to the client and ask them to hug the pillow. ("Huggy" pillow)
- Let client get comfortable



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BODY PILLOW OPTION FOR FULL BODY SUPPORT

- Place body pillow in front of the client and instruct the client to gently pull the pillow towards their body, hugging the upper part of the pillow with their arms and draping their top leg over the pillow.

Assist your client as needed.



FACE CRADLE FOR HEAD SUPPORT

- If client's head needs propping
- Place face cradle underneath head
- Instruct client to lower head on to face cradle

NOTE: If an extra pillow is available this can be much more comfortable. Client may also want to use the “huggy” pillow for their head.

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USING A DOT SYSTEM FOR SITE AND PRESSURE RESTRICTIONS:

Red - Use caution. With a comprehensive intake, the therapist will know whether the red symbolizes to completely avoid the area or whether to use gentler pressure. For example: a red dot over a port means to stay within one hand-width away from the port; whereas, a red dot on the left upper arm may mean the person has a compromised lymphatic system, indicating gentler pressure. The Dot System does NOT replace a comprehensive intake. It is used as a reminder for the therapist.

Green - Area is NOT compromised. In most instances, green dots are not used except during education courses. Green areas of the body can be massaged without specific restrictions to site or pressure other than the overall assessment discovered during the intake. For example: a client is currently receiving oral chemotherapy, experiencing general malaise and nausea. This client will receive a gentle pressure relaxation massage to the entire body. There are no specific site or pressure restrictions.

Below are examples of how to use the Dot System.



Photo 1: Red dot indicates location of a port.



Photo 2: Red dot on the hip indicates compromised lymphatic system of the left inguinal area.

Another option is placing the dots on the table (other than clients body) to indicate a compromised lymphatic system. The red dot near the right hip region of the client indicates a lower right inguinal compromised lymphatic system. The green dot on the table near the right upper arm indicates that system is intact.