



FIG 4-21 Position for restraining a child (**A**) and an infant (**B**) during otoscopic examination.

The other position involves placing the child on the side, back, or abdomen with the arms at the side and the head turned so that the ear to be examined points toward the ceiling. Lean over the child, use the upper part of the body to restrain the arms and upper trunk movements, and use the examining hand to stabilize the head. This position is practical for young infants and for older children who need minimum restraint, but it may not be feasible for other children who protest vigorously. For safety, enlist the parent's or an assistant's help in immobilizing the head by firmly placing one hand above the ear and the other on the child's side, abdomen, or back (see [Fig. 4-21, B](#)).

With cooperative children, examine the ear with the child in a