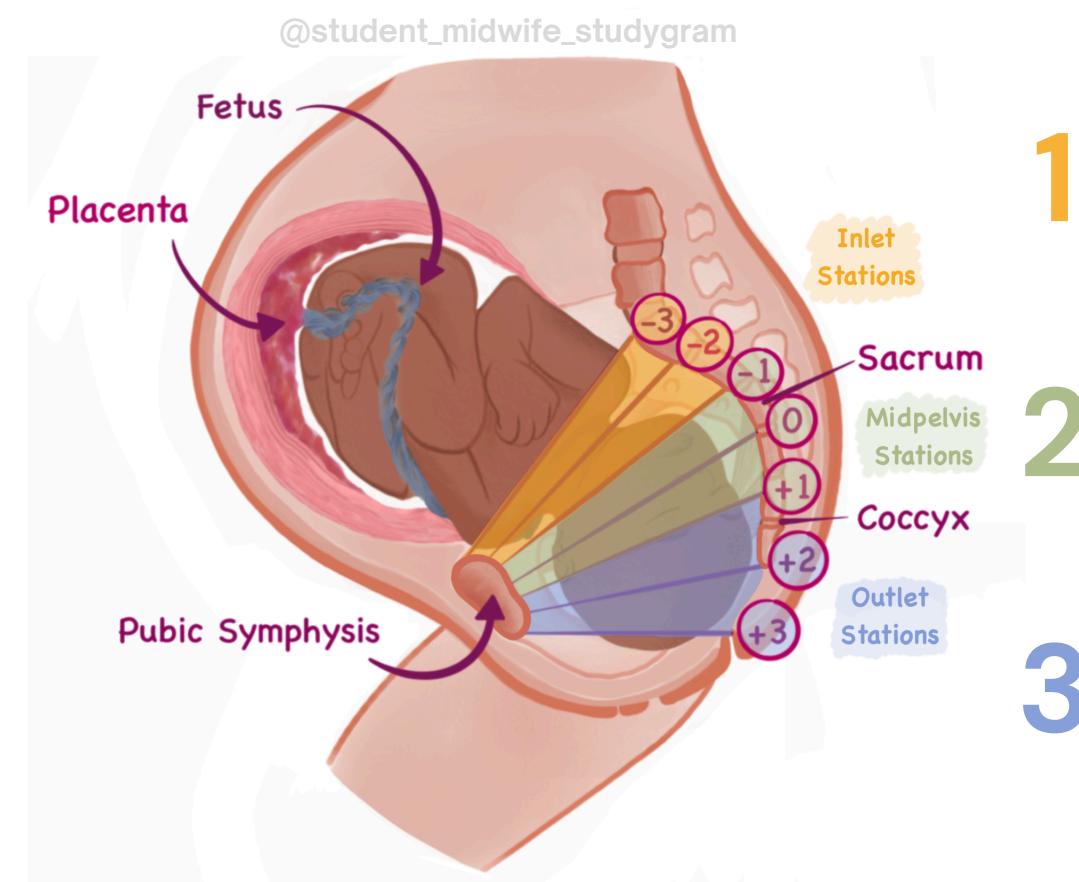
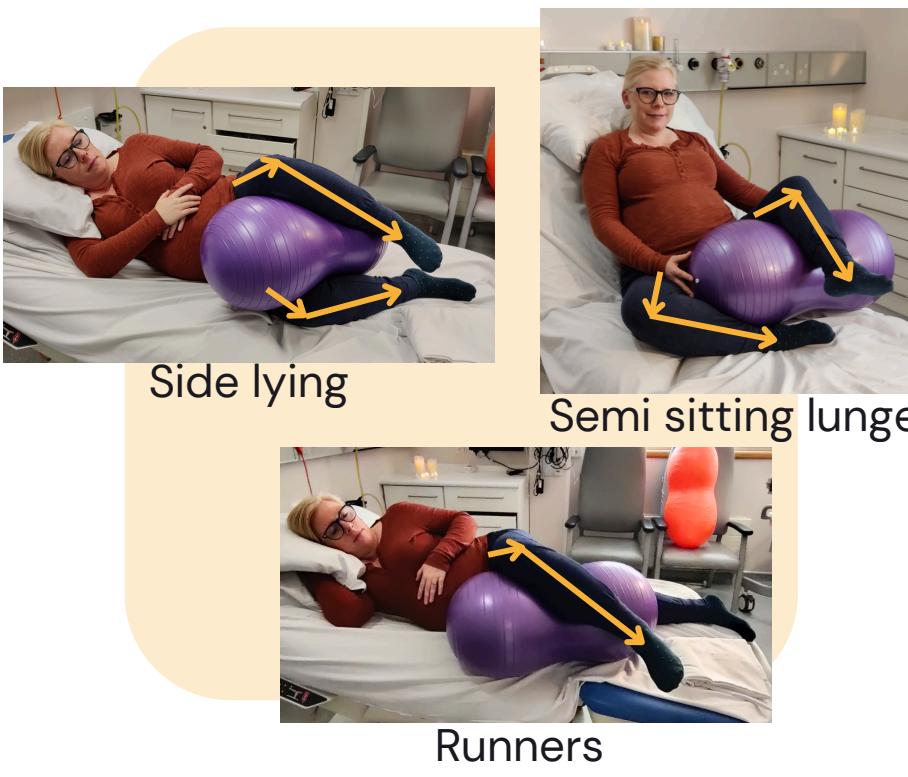


# PEANUT BALL POSITIONS



1

## POSITIONS TO OPEN THE INLET



Side lying

Semi sitting lunge

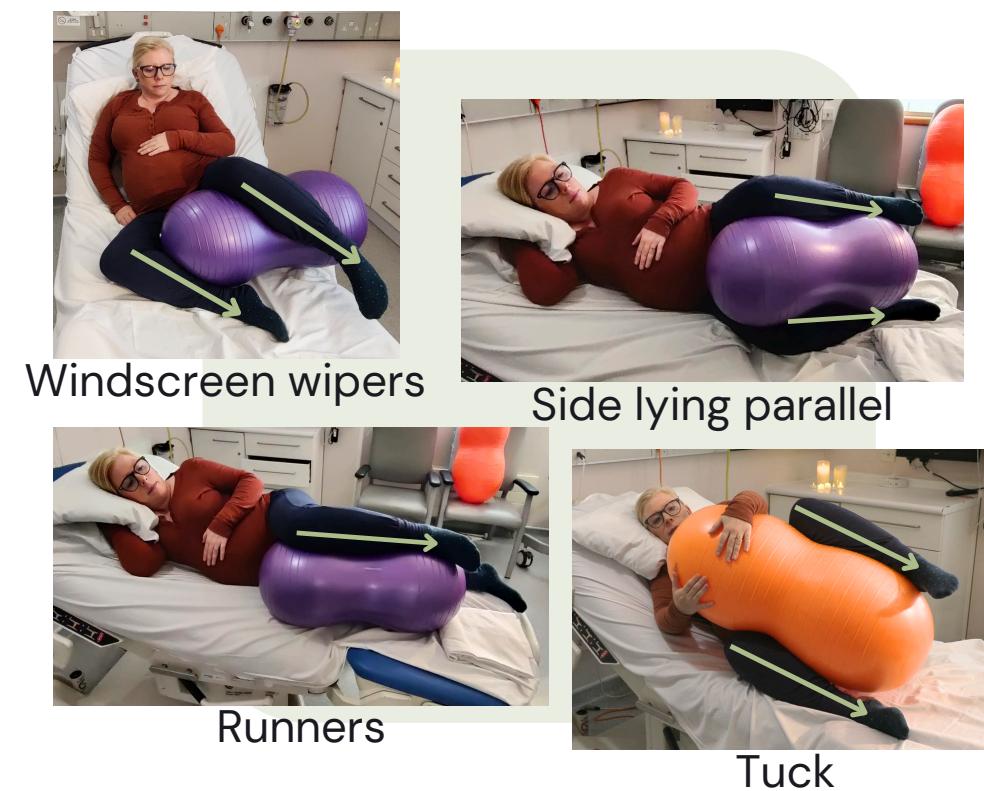


Runners

open knees to open inlet

2

## POSITIONS TO OPEN THE MID-PELVIS



Windscreen wipers

Side lying parallel



Runners

Tuck

keep knees and ankles parallel  
to open the mid-pelvis

3

- Change positions regularly, at least every hour
- Cover peanut ball with patient gown and incos
- Clean with green Clinell wipes NOT ChlorClean
- One person might need different size balls for different positions

3

## POSITIONS TO OPEN THE OUTLET



Knees together heels out

Tuck

knees together heels  
out to open the outlet