

# How to Self-Prone With a Lung Injury

- Self-proning (lying on your belly and in different positions) will help your body to get air into all areas of your lungs. You may want to use pillows when lying on your side.
- Try to change your position every 30 minutes (half an hour) to 2 hours.

**Sitting up is better than lying on your back.** If you are able, try to:

1. Lie on your belly for 30 minutes up to 2 hours.



2. Lie on your right side for 30 minutes up to 2 hours.



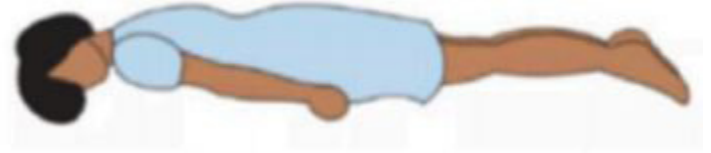
3. Sit up either in bed or in a chair for 30 minutes up to 2 hours.



4. Lie on your left side for 30 minutes up to 2 hours.

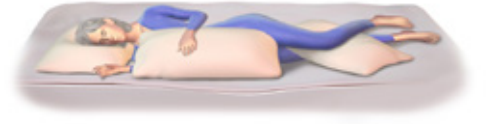


5. Start back at position 1.



**Switch between lying on your right and left sides. You may want to use a pillow for support. For example:**

- › Lie on your right or left side and use pillows to support your legs, hips, back, and chest (instead of positions 2 or 4).



**or**

- › Lie on your right or left side and use pillows to slightly support your leg, hip, neck, and arm.



- Self-proning is not right for everyone. Your health care team will decide if self-proning is safe for you.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:  
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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*Illustrations by:* Jiang, L. G., et al. (2020). Figure 1. Conscious proning: An introduction of a proning protocol for nonintubated, awake, hypoxic emergency department COVID-19 patients. *Academic Emergency Medicine*, 27(7), 566–569.  
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