Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

30 Degree Tilt - To Support Pressure Relief

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Last modified date: **12th November 2026**

Patient/Carer Information

Tissue Viability Service

- Author ID: GR/KP
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Introduction

This leaflet should be used in conjunction with the Pressure Ulcer Prevention leaflet. It aims to demonstrate the 30-degree tilt (lateral position) to allow caregivers to reduce pressure relief for individuals unable to self-reposition whilst in bed. This position reduces direct pressure to the larger bones of the lower back, tail bone, buttocks, and hips.

Pillows can be used to support the position and maintain support to the individual. Alternative repositioning techniques may be required for larger individuals or individuals with certain body shapes.

Instructions

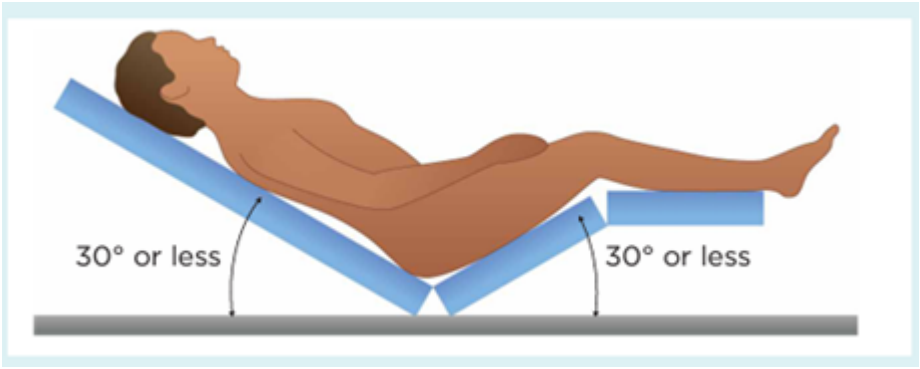


- Use one or two pillows to support the head and neck.
- Roll the patient and add a pillow to the opposite side to support the shoulder and lower back, ensuring there is no pressure on the hip and buttock. This will also reduce pressure to the lower back and tail bone.
- Place a further pillow between the knees, ensuring the heel is offloaded.
- Alternate the position, left and right, as per the patient's individualised pressure relieving regime. (This will be discussed and agreed with you by the healthcare professional overseeing their care).

- If the individual is struggling to maintain the above position, the **image below** demonstrates an alternative 30-degree tilt position.
- Use the palm of your hand to check there is a gap under the lower back, to ensure effective pressure relief.
- For individuals with a profiling, electric bed, 30-degree angles of the backrest and knee support can also offer pressure relief, whilst the individual is being nursed on their back.



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