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# Manual

# Pillows and wedges for support & relief

## Training and educational seminars

Our vision is that no-one should suffer from pressure ulcers. Therefore we offer training and educational seminars regarding positioning, pressure ulcers and health economy in addition to high quality products.

Working with Curera® Positioning is simple, and the benefits are many. Contact Care of Sweden for training and further information.

If a person makes too few spontaneous movements, there is an increased risk of pressure ulcers. Regular changes of position reduce the risk of pressure ulcers. Position as required in both reclining and seated position.

Care of Sweden has developed a range of stable pillows that meet most needs for support and relief. Curera® Positioning is also a great help when changing dressings and in patient care. Our soft hygiene covers and tricot covers are also available as accessories to the pillows and rolls.

On our website you will find several short videos where you can get tips on how to position your patients, positioning techniques and how to get the most out of the Curera® Range.

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or visit [www.careofsweden.com](http://www.careofsweden.com)



**See instruction videos at**  
[www.careofsweden.com](http://www.careofsweden.com)

# Curera® Positioning Pillows

## Abduction Pillow

Curera® Abduction Pillow 35x55 & 54x78 cm



## Neck Pillow

Curera® Neck Pillow 32, 38 & 50 cm



## Positioning Roll

Curera® Positioning Roll 15x60, 20x80, 20x125 & 20x225 cm



## Torso Support Pillow

Curera® Torso Support Pillow 85x65x30 cm



## Rectangular Pillow

Curera® Rectangular Pillow 40x70, 50x60, 50x85 & 50x100 cm



## Back Support Pillow

Curera® Back Support Pillow 50x85 cm



## Curved Pillow

Curera® Curved Pillow 120x75x30, 110x75x40 & 75x40x25 cm



## Rectangular Pillow

Curera® Rectangular Pillow 25x80 cm



## Support Wedge

Curera® Support Wedge incl. Hygiene Cover 50x26x15/5, 70x26x15/5 cm



## Multi Pillow

Curera® Multi Pillow 45x45 & 60x70 cm



## Triangle Pillow

Curera® Trekantskudde 47x28x28 & 62x35x35 cm



## Ear Pillow

Curera® Ear Pillow 32x32 cm



## S-Shaped Pillow

Curera® S-Shaped Pillow 38x200 cm, 28x170 cm,



### CLEANING

The hygiene covers are liquid-resistant and vapour permeable, which reduces the risk of skin maceration. Wipe clean with detergent and/or disinfectant. Machine wash at max. 95 °C.

Inner pillow: Machine wash at max. 95 °C. Tumble-dryer /drying cabinet safe. Avoid over-drying. For faster drying, run the spin cycle three or four times. Cotton cover: Machine wash at max 70 °C.



### ACCESSORIES

- Hygiene cover (included with Curera® Support Wedge)
- Cotton cover
- Bag

### FACTS

- **Filling:** Cold foam/Polyester fibre in Multi Pillow, Neck Pillow, Rectangular Pillows, Positioning Rolls, Back Support Pillow, Torso Support Pillow, Abduction Pillow, Curved Pillow, Triangle Pillow, Ear Pillow & S-Shaped Pillow
- **Filling in Support Wedge:** Cold Foam
- **Warranty:** 1 year



Read the user manual prior to using the product.

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Rectangular Pillow 25 x 80 cm



Rectangular Pillow

When someone has difficulty breathing, Curera can provide varying degrees of support and relief to facilitate breathing while reclining on the back.



### Reclining on back

Example: For breathing problems and general expansion of the lungs.

Place the Curera Rectangular Pillows next to one another, behind the back, in combination with a pillow under the head.



### Reclining on back, T-position

Example: General expansion of the lungs in connection with breathing problems.

Place rectangular pillows in the shape of a T.



### Reclining on back, A-position

Example: To expand the upper part of the lungs in connection with breathing problems. Support for parts of the shoulder blades and spine.

Place rectangular pillows in the shape of an A.



### Reclining on back, V-position

Example: To expand the lower part of the lungs in connection with breathing problems.

Place rectangular pillows in the shape of a V.





Positioning Roll 20 x 225 cm



Curved Pillow



### Reclining on back

Example: All-round support in seated or reclining position. Used in connection with reduced body balance and to enhance body awareness.

Let the Curera Positioning Roll embrace the user. Multi Pillow or Support Wedges under the legs.



Can also be placed under the knees or higher.



Allow the Curved Pillow/Positioning Roll to enfold the user.



Multi Pillow



Rectangular Pillow



Positioning Roll 20 x 225 cm



Back Pillow with flap



Triangle Pillow

## Lateral position

For someone to be able to lie on one side, it is often necessary to have specific support for certain parts of the body. Curera can provide good support in such cases.



### Lateral position

Example: As support in lateral position. Place the Multi Pillow behind the back.



### Lateral position

Example: As support in lateral position. Place the Rectangular Pillow behind the back.



### Lateral position

Example: As support after hip replacement.



### Lateral position

Example: As support in lateral position. Place the Multi Pillow between the user's legs and the Positioning Roll behind the back.



### Lateral position

Example: In connection with rest and relaxation, as well as reduced body awareness, place the Curera Positioning Roll under the head, along the body and between the legs. Alternatively, a head pillow can be used.



### Lateral position

Example: As support in lateral position. Position the Triangle Pillow as support behind the back. Place the Multi Pillow between the user's legs and the Triangle Pillow behind the back.



### Lateral position

Example: As support in lateral position. Place the Back Pillow with the flap under the user's back to secure the position, or place the flap under the mattress to secure the position.







Positioning Roll 20 x 225 cm



Support Wedge

## Semi-lateral position

In a semi-lateral position, it is particularly important that there is stable support in order that the position can be maintained.



### Stomach - lateral position

Example: To support shoulder, spine, hips, seat and heels.  
Place the Positioning Roll under one half of the user's body.



### Lateral position, 30° reclining position

Example: To support the shoulder, sacrum, hip and heel.  
Mattress up to 15 cm high: place two support wedges under the mattress.



### Lateral position, 30° reclining position

Example: To support the shoulder, sacrum, hip and heel.  
Replacement mattress higher than 15 cm: place two support wedges between the sheet and the mattress.



### Lateral position, 30° reclining position

Example: To support the shoulder, sacrum, hip and heel.  
If there is a mattress pad: place two Support Wedges between the mattress pad and the underlying mattress.





Curved Pillow



Neck Pillow



Rectangular Pillow



Rectangular Pillow 25 x 80 cm



Positioning Roll 15 x 60 cm



Positioning Roll 20 x 125 cm

## Neck and arm support

With the right support, rest and relief can be provided for the neck, arm and hand.



### Relief for head/neck

Example: Pressure relief, support and positioning of head/neck. Place the Curera Neck Pillow around the throat/neck.



### Arm

Example: As support when in seated position. Provides support for the arms. Place the Positioning Roll 20 x 125 cm in front of the user.

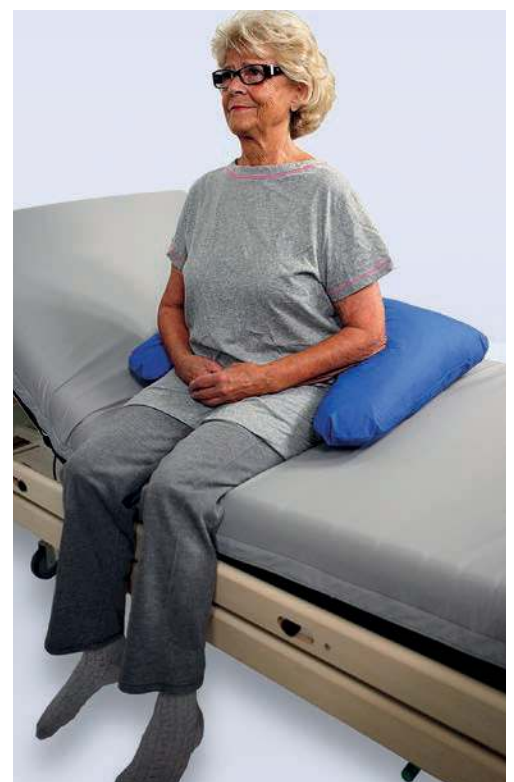


### Raised arm

Example: In connection with swollen arm and hand. Place the Rectangular Pillow/Positioning Roll under the arm.



Torso Support Cushion



### **Torso Support Pillow**

Pillow used to support the torso in the seated position.

Example: The cushion can be placed either from the front or from the back in the seated position.









Multi Pillow



Rectangular Pillow



Rectangular Pillow 25 x 80 cm

The Rectangular Pillow provides support and relief, and is used preventively as well as to stimulate weak parts of the body.



### Stroke positioning

Seated, with weak right side.

Example: Provide comfortable support when seated, prevent pain and swelling in right arm and hand.

Place the Rectangular Pillow under the right arm and a Multi Pillow under the knees.



### Stroke positioning

Reclining position with weak right side

Example: Stimulate awareness of the weak side, counteract contractures, prevent pressure ulcers and lie comfortably.

Place the Rectangular Pillow behind the back and a pillow under the healthy left leg. Take care with the position of the right shoulder.



### Stroke positioning

Reclining position with weak left side.

Example: Rest on the healthy side, counteract contractures, prevent pain and swelling in arm and hand, prevent pressure ulcers and lie comfortably.

Place the Rectangular Pillow under the weak left arm and a pillow under the weak left leg.

Use the Positioning/Pillow/Roll as a support behind the back.



Abduction Pillow



Triangle Pillow



### Support

Example: Provides a resting position when reclining on back.  
Reduces shearing forces when seated.

Triangular pillow for support under the knees.

### Leg Abduction Pillow

Designed for leg abduction and posture support in the lower extremities when in the seated position for users with diminished ability to move or change positions.



S-Shaped pillow



### S-Shaped pillow

If a person makes too few spontaneous movements, there is an increased risk of pressure ulcers. Regular changes of position reduce the risk of pressure ulcers. Position as required in both reclining and seated position.







Multi Pillow



Rectangular Pillow



Positioning Roll 15 x 60 cm



Support Wedge



Triangle Pillow

## Support positions for sacrum, knees and heels

Sacrum and heels are the parts of the body that are often subjected to the greatest pressure when a person is bed bound.



### Support for sacrum/knees/heels

Example: Comfortable resting position to prevent shearing when half-sitting in bed, relief of heels.

Place two Support Wedges against one another under the knees.



Example: When supporting the lumbar spine, knees and heels.

Place two Support Wedges under the knees.



### Support

Example: To relieve the knees and support the feet.

Place the Curera Positioning Roll under the knees and the Curera Multi Pillow by the foot end.



### Changing dressings

Example: In connection with changing dressings and compression.

Place Curera Support Wedges on top of one another to form a square. This leaves your hands free.





### Heel support

Example: Counteract the pressure of the heel on the surface, support the feet.

Place the Multi Pillow folded against the bed frame under the lower leg.



### In connection with spasticity

Example: In locked position in connection with spasticity.

Place the Multi Pillow between the user's legs when in a lateral position.



### Heel support

Example: As relief for the heels.

Place the Curera Multi Pillow so that the heels are free.



### Knees

Example: As support under the knees.

Fold the Multi Pillow and place it under the knees.





### Protection against bed frame

Example: As protection against gate or bed frame.

Place the Support Wedges with the narrow side facing down.



### Counteract oedema

Example: Relief of heels, counteract swollen legs.

Place Support Wedges under the mattress.



### Feet

Example: Support for feet and as a foot drop prophylactic.

Place a Curera Support Wedge upright at the end of the bed.



### Support for patient care

Example: In connection with changing dressings and caring for users in a lateral position.

Place the broad side of the Support Wedge against the user's back. This leaves your hands free and provides greater security for the user.

# Molly Heel Protection

The heels are one of the most vulnerable parts of the body when it comes to pressure.



Molly Heel Protection



## Reclining on back

Molly Medium size, use sock or tubular gauze between the skin and Molly. Wait 15 to 20 minutes until Molly has taken shape. Check the distance between the heel and the subsurface. If the distance is less than 2 cm, change to Large size, if it is more, change to Small size.

Alternatively, you can measure the length of the leg: SIAS inner ankles: 78-85 = Small, 86-94.5 = Medium, 102-103 = Large.



## Lateral position

Rotate Molly so that the opening is facing down towards the mattress, in order to achieve the correct height. Molly must be loose and it must be possible to rotate it around the leg. Can also be used to prevent crossing the legs after hip replacement surgery - place the protection on the healthy leg.



## Supporting life

Over the years, we have built up a strong level of trust and confidence within the healthcare system. Our contact with health professionals provides us with valuable knowledge and experience, both in regard to pressure ulcers and the nature of the working environment. For our part, we want to help healthcare professionals to make the best possible use of our products and to make smart decisions in their work. Decisions that make life better for the user and make each working day easier.



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