

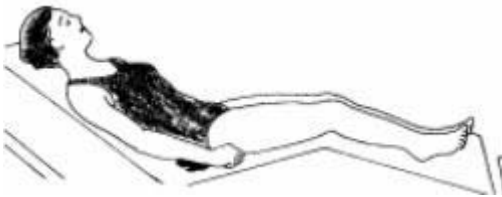
BODY POSITIONS FOR PHYSICAL EXAM



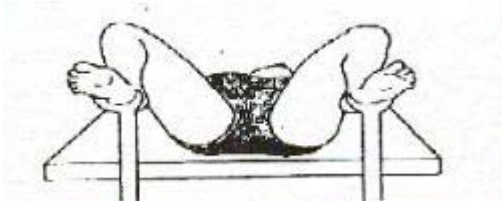
Horizontal Recumbent Position. Used for most physical examinations. Patient is on his back with legs extended. Arms may be above the head, alongside the body or folded on the chest.



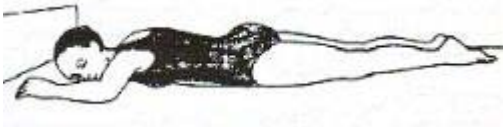
Dorsal Recumbent Position. Patient is on his back with knees flexed and soles of feet flat on the bed.



Fowler's Position. Used to promote drainage or ease breathing. Head rest is adjusted to desired height and bed is raised slightly under patient's knees



Dorsal Lithotomy Position. Used for examination of pelvic organs. Similar to dorsal recumbent position, except that the patient's legs are well separated and thighs are acutely flexed. Feet are usually placed in stirrups.



Prone Position. Used to examine spine and back. Patient lies on abdomen with head turned to one side for comfort. Arms may be above head or alongside body.



Sim's Position. Used for rectal examination. Patient is on left side with right knee flexed against abdomen and left knee slightly flexed. Left arm is behind body; right arm is placed comfortably.



Knee-Chest Position. Used for rectal and vaginal examinations and as treatment to bring uterus into normal position. Patient is on knees with chest resting on bed and elbows resting on bed or arms above head. Head is turned to one side. Thighs are straight and lower legs are flat on bed.