

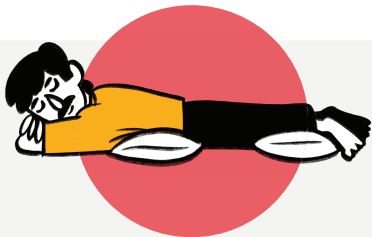
# What is proning? How does it help?

Proning is breathing while lying down on the stomach and helps with oxygenation in the lungs.

It can be done when the oxygen levels are below 96, and the **patient is awake and willing**.

## Steps

- 1 Keep 1 **pillow below the chest** and 1 below the **abdomen**. There should be a gap between them for movement of the chest.
- 2 **Lie on your stomach** supported by the 2 pillows.
- 3 Turn your **head to one side** and support it by keeping an arm below it.
- 4 The other arm can be stretched upwards or kept at the side of the body, whichever is comfortable.
- 5 You can also keep a pillow below your knees.
- 6 You should **feel comfortable** and be able to breathe properly.
- 7 **Stay in this position for 30 minutes to 1 hour**. You can **repeat** it 3-4 times in a day.



## Do not do this

- If you have BP or heart issues, are pregnant, spinal issues.
- If just after meal - wait for at least 1 hour.