

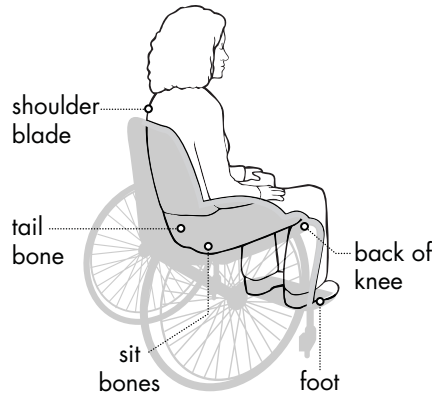
# Skin Care & Pressure Sores

## Part 2: Preventing Pressure Sores

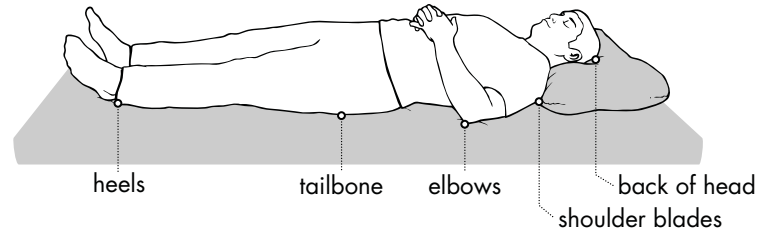
Supplement: Areas at high risk of developing pressure sores



This publication was produced by the SCI Model Systems in collaboration with the Model Systems Knowledge Translation Center (<http://msktc.washington.edu>) with funding from the National Institute on Disability and Rehabilitation Research in the U.S. Department of Education, grant no. H133A060070.

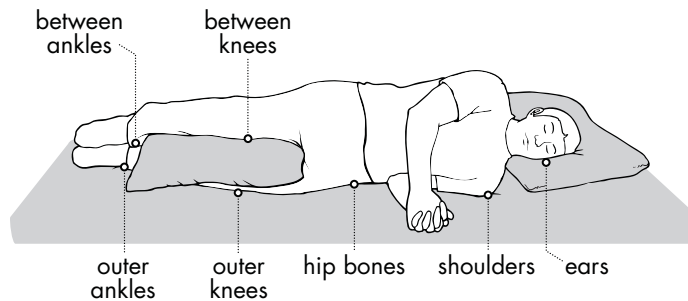


Areas where bones are close to the surface (called “bony prominences”) and areas that are under the most pressure are at greatest risk for developing pressure sores.



In bed, body parts can be padded with pillows or foam to keep bony prominences (areas where bones are close to the skin surface) free of pressure. Place a pillow between the knees while sleeping on your side to prevent

skin-to-skin contact and increase air circulation between your legs.



*Illustrations from the Northwest Regional SCI System (2006).*

### Source

Our health information content is based on research evidence and/or professional consensus and has been reviewed and approved by an editorial team of experts from the SCI Model Systems.

### Authorship

This brochure was developed by the SCI Model System Dissemination Committee in collaboration with the Model Systems Knowledge Translation Center. Portions of this document were adapted from materials produced by the SCI Model Systems.