Supportive Positioning for Sexual Activity

When choosing a sexual position, you want to make sure it is comfortable and safe for you and your partner.

1. **Sidelying Positions:**
   You and your partner may experiment with lying on either side and adjusting pillow placements as needed for maximum comfort.

   - **Lying on your stronger side:**
     - Comfortable position, especially if you have a painful and weak shoulder. Place pillows under your weaker hand/forearm for support (Image 1).
     - You can place a pillow under the weaker leg to minimize pain in the hip/knee (Image 1).

   - **Lying on your weaker side:**
     - Position yourself so you are lying more on your shoulder blade, not directly on your shoulder (Image 2).

Note: Striped limbs and/or sling indicate the weaker side of the body.

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2. **One Partner on Top:**

Experiment with top and bottom positions as able.

- **As the bottom partner:**
  - **Back comfort:** place pillows under your lower back and/or knees for comfort when lying on your back. You can also place a pillow under hips if lying on your stomach (Image 3).
  - **Lower extremity tone:** a wedge pillow placed under your knees can help decrease tone, leg spasms and back pain when lying on your back.
  - **Arm positioning when lying on your back:** for support, place pillows under the weaker hand/forearm (Image 4).
  - **Arm positioning when lying on your stomach:** position your weaker hand flat against mattress/lying surface and elbow tucked into your side. You may also position your weaker arm straight against your side (Image 3).
  - **Head position:** turn to look towards whichever side is more comfortable.

![Image 3](Image 3)
![Image 4](Image 4)

- **As the top partner:**
  - If assuming the top position, you will require sufficient range of motion and strength in your trunk, legs and arms.
  - If strength allows, you may choose to be on your hands and knees, or knees and forearms (Image 6 and Image 7).

![Image 6](Image 6)
![Image 7](Image 7)

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3. **Seated in a Chair or Locked Wheelchair:**

Position a chair or locked wheelchair with the back against a wall for increased safety and stability.

- Using a chair without armrests or removing armrests from the wheelchair will offer more options for positioning (Image 10).
- Either partner can be in the seated position.
- If you have a painful hip, place a pillow between your knees.
- For a painful shoulder or weak arm, support your arm on a lap tray, pillow, or use a sling to keep your arm against your body (Image 10-13).

![Image 10](image10.png)
![Image 11](image11.png)
![Image 12](image12.png)
![Image 13](image13.png)

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Participate in these activities at your own risk. Talk to your doctor, health or rehabilitation professional if you have any additional questions or concerns. We advise that you have a complete medical examination and are aware of the medications you are on that could impact your sexual or cardiac function prior to engaging in sexual activities.

**Additional resources:**


Illustrations by: Milica Hovanec

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