

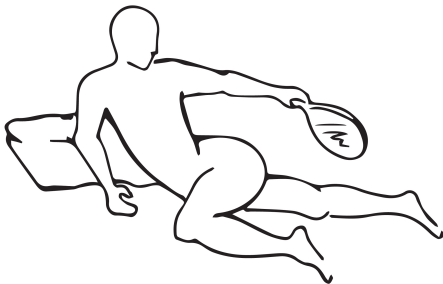
Pillars of Skin Care

Push Up



Do a push up every ten minutes for 20/30 seconds when sitting anywhere, on any surface, and irrespective of what you are doing. Sitting without doing a push up is like drunken driving.

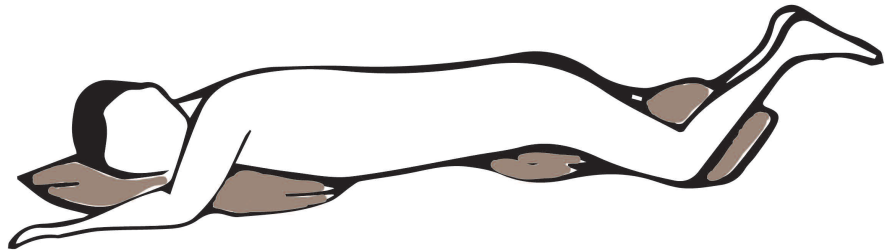
Practice Everyday



Check your skin, especially lower back and buttock areas. every morning using a mirror (do this yourself or use a caregiver, if needed) and lightly massage by applying a few drops of coconut oil.

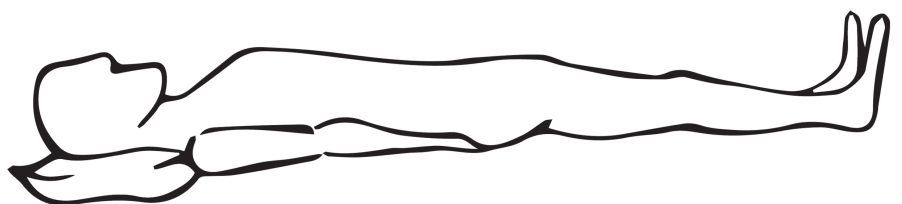
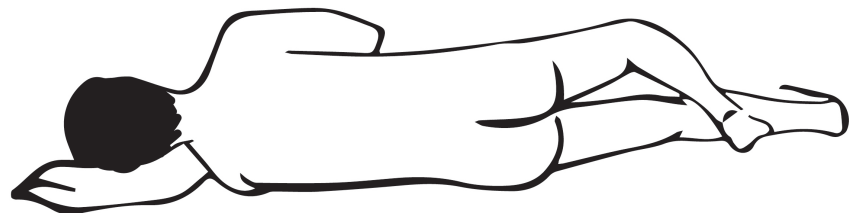
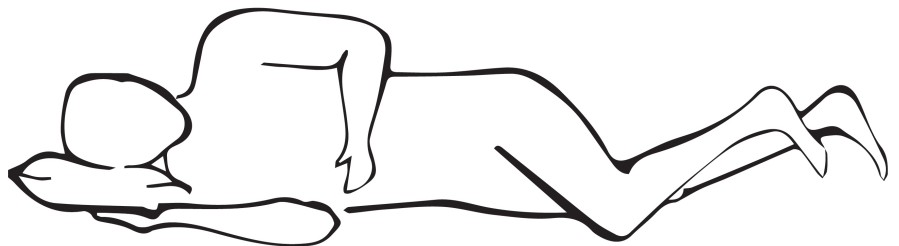
Good Nutrition

Prone Position



Lying down in prone position for as long as is possible, especially at night, is the safest. Persons with cervical level injury must check with their doctors whether this position is okay, as a few of them could have respiratory / breathing issues. Lying down in prone position is the safest for a spinal cord injured person as the five most vulnerable spots are completely safe in this position. Make sure you do a push every 2 / 3 hours.

Position Change every two hours



Turning of position every two hours when lying down in any position (left side, right side and supine) other than prone. This provides pressure relief and helps maintain skin quality.