# Pressure Relief

## Edited Video Transcript

### Teach Your Client to Create a Pressure-Relief Routine

“You're fine.” We're going to talk about weight shifts for pressure relief. Remember, individuals [with] spinal cord injury are at high risk for skin breakdown, particularly of their coccyx or over their ITs, so we recommend regular pressure relief. How often do we recommend pressure relief? Nope, every 30 minutes. For how long? Two minutes. Two minutes every 30 [minutes]. So, that part of your intervention is helping [by] teaching. In this routine, maybe it's cell phone alarm, maybe it's an alarm on their wheelchair, right. Maybe it's learning, “Oh, let's look at the clock, either watching TV—it's after every sitcom—whatever, every two minutes.”

### Teach Your Client How to Relieve Pressure

How do we do pressure relief? One, we can use a wheelchair. So, either one. This is a manual tilt-in-space chair. Our power chairs also have that tilt-in-space feature. So, with that, this has a handle in back. I can squeeze that handle all the way back. Now, we've off-weighted her rear end, and that weight is onto our back, so that's going to allow blood flow. That's going to allow those tissues to expand, right. So again, we're going to have Brittany hang out here for two minutes. Yes, on a power wheelchair they can just do that with a joystick if it has that feature. Now, if somebody has a manual chair, they can also do pressure relief. One way, “Katie, if you just put your arms on the armrest and just push up, okay, yep.” Often, people can't do this for two minutes, so you're doing one minute, little rest, one minute or 30 seconds, a little rest, 30 seconds, a little rest, 30 seconds, a little rest, 30 seconds, okay? Again, by doing that, she off-waits her rear end allows blood flow back in there. I'm just thinking about my wrist—I couldn't do that, and I'm sure there are other people. Let me show you what you could do otherwise, okay. One, you can have somebody leaning all the way over, all the way over. “You feel how you have just taken that weight off your rear end?” Again, two minutes just hanging out here, okay, then back up. You can also have people go over to the side. “So lean over, lean down on your elbow.” Now she's off-weighted her left rear end. We're going to hang out here for a minute, then bring her back up, then off-weight to the other side for a minute.