

# Skin Care & Pressure Sores

## Part 2: Preventing Pressure Sores

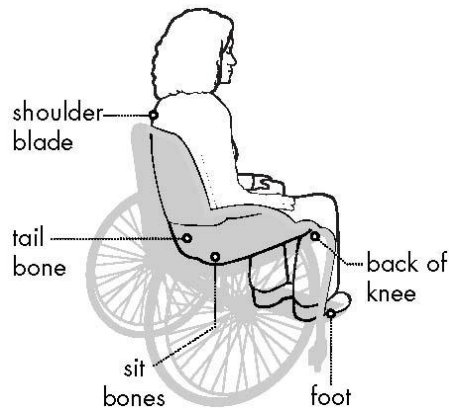
### Supplement: Areas at high risk of developing pressure sores



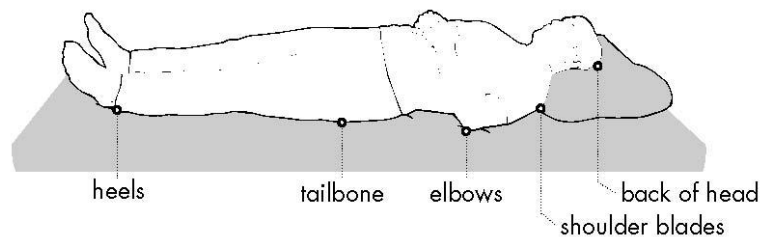
For more information, contact your nearest SCI Model System. For a list of SCI Model Systems go to:

<http://www.msctc.org/sci/model-system-centers>

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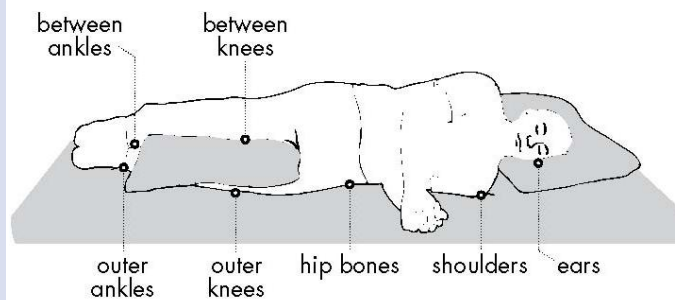
Areas where bones are close to the surface (called “bony prominences”) and areas that are under the most pressure are at greatest risk for developing pressure sores.



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

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