

# The Simple Act of Proning

## ... it can make a difference!

### Proning – What does it mean?

Prone means to lie face down or on your front. “Proning” is short for prone positioning.

It is one way to help your breathing.

We know that it might not be easy to lie this way for long periods so we suggest you use all the positions described here.

### Why Proning?

The small air sacs in the lungs, called alveoli, are more likely to collapse with a lung illness.

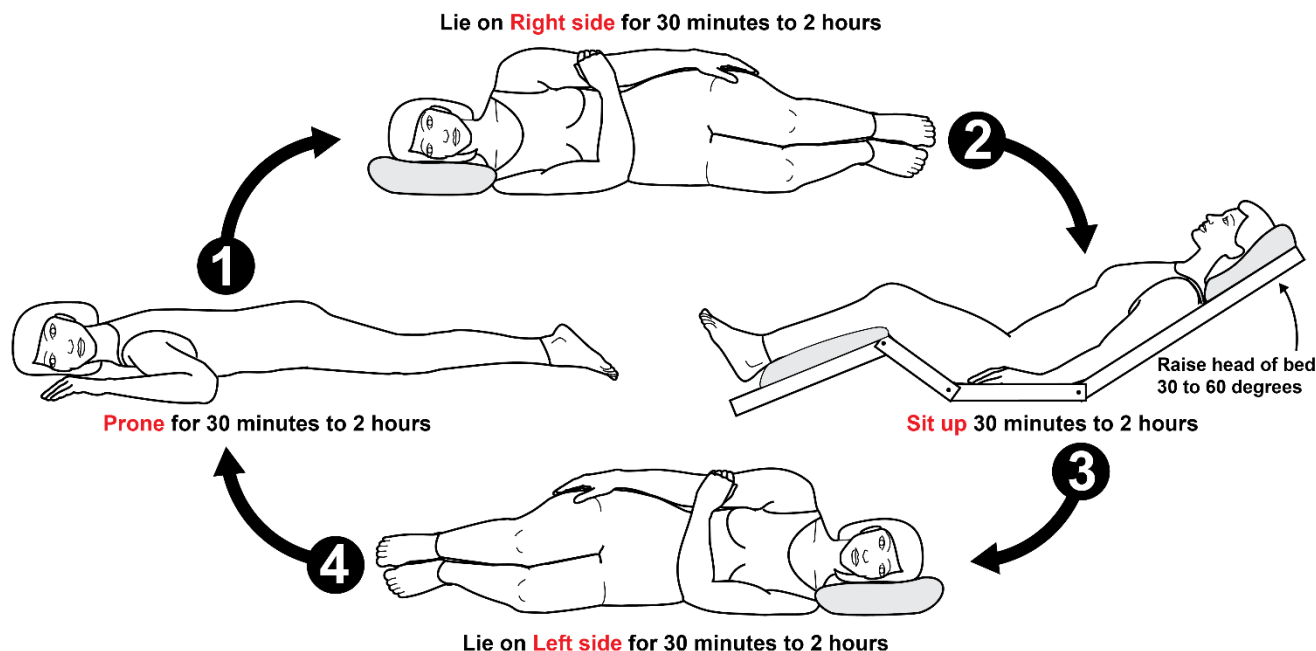
By changing positions, we change the force of gravity within the lungs. Position changes can help open up the air sacs. Changes in position also help get any mucus and fluids in the lungs moving. Together, this can help you to cough up the mucus and breathe easier.

### How will this work?

To see how you are with each position change, your nurse monitors:

- your breathing
- the oxygen in your blood using a finger or ear probe (*pulse oximeter*)

With each position change, it could take 5 to 10 minutes to settle your body and your breathing. If you find it hard to stay in a certain position, we will help you to change into another position.



**Proning can help your condition from getting worse**