
PREPARED BY AOR MEDICAL SOLUTIONS OF PUERTO RICO

Preventing Pressure Injuries in People With Limited Mobility

Caregivers, families and teams

Estimated reading: 6 minutes

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Status: Educational information



This educational guide describes observation and care habits at home for people who spend long periods in bed or seated. The repositioning schedule and support devices are determined by the treating team according to each person's condition.

Who may be at higher risk

- People who remain in bed or seated for long periods.
- People who have difficulty moving without help.
- People with loss of sensation.
- People with low food or fluid intake, according to their professional plan.
- People with fragile skin or frequent moisture.

Daily skin check

- ☐ Look at weight-bearing areas: heels, hips, lower back, shoulders, elbows and ears.

- ☐ Look for redness that does not fade, color changes, warmth or hardening.
- ☐ Keep the skin clean and dry.
- ☐ Check bedding, wrinkles, objects and support surfaces.

Movement and positioning

- Follow the repositioning schedule provided by the treating team.
- Avoid dragging the person: lift or use a transfer sheet if instructed.
- Use only the prescribed support devices.
- Support nutrition and hydration according to the professional plan.

Observation log

Date, area and what you observed:

Date, area and what you observed:

Date and who you notified:

When to request professional guidance

When a new skin change appears, when something worsens or when you cannot follow an instruction you received.

This guide does not set universal repositioning frequencies and does not replace the treating team's plan.

This educational resource is under continuous review. Always follow the instructions of your health professional.

This material is provided solely for educational and informational purposes. It does not constitute diagnosis, treatment or medical advice and does not replace evaluation by a licensed healthcare professional. The physician and treating team remain responsible for clinical decisions. AOR Medical Solutions of Puerto Rico supports education, coordination, technology and continuity of care.

Do not submit photographs, medical records or sensitive medical information through this website. If you are experiencing a medical emergency, call 911.

Technology with purpose. Coordination with responsibility. Care with humanity.

Web version of this guide: <https://aormedicalpr.com/educacion/guias/pre-vencion-lesiones-por-presion>