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.