



24 hour Postural Care

CHILDREN AND YOUNG PEOPLE'S THERAPY SERVICES

Information pack for parents/guardians

“A Day in My Life”



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What is postural management?

- From the day we are born we start to develop and manage our posture through movement patterns that are strengthened as we grow. These movement patterns help the body to move against gravity enabling us to sit upright, adjust our posture and mobilise.
- If a child has a neurological disability, sometimes it can be difficult for them to manage their posture in a comfortable, healthy way.
- Therefore, they may require assistance to manage their body position throughout the day and night which will help to keep them well and comfortable.

Why is it important?

- Managing posture well over a 24 hour period can enable the child to move more independently throughout the day. This can reduce pain, pressure and immobility.
- When the body is supported in a stable position it can often allow more free movement of the head and joints. This will provide more opportunities to participate in daily activities enhancing physical, emotional and psychological wellbeing.
- Good postural positioning can also promote digestion and reduces the risk of reflux or heartburn. Often children will need to be positioned in an upright posture in half lying, sitting or standing to assist and support safe mealtime participation with family and friends.
- When children are provided with improved, stable postures that support the whole body, they often find access to communication improves. This is due to improved head control which enables the individual to access various modes of communication in a user friendly way.

Importance of 24 hour postural management



- Reduces risk of hip dislocation which **could require surgery**
- Reduces risk of spinal curves which **could require surgery**
- Increases comfort
- Reduces risk of muscle contractures and tightness
- Improves ability to communicate and interact



Equipment to manage posture



- Wedge
- Acheeva
- T-roll or W-cushion
- Side lyer
- Static seating
- Standing frames
- Wheelchairs
- Sleep system
- Orthotics/gaiters/spinal jacket/AFOs



It is important to ensure their position looks as symmetrical/straight as possible in the equipment being used...their position might need to be adjusted whilst in equipment

Why is it important to change position?

- Reduces risk of pressure sores
- Because the child cannot do this themselves!



Problems that can occur if body posture is not managed!

SCOLIOSIS: Children with a neurodisability like Cerebral Palsy can sometimes develop a scoliosis during their pre-adolescence years. When the muscles around the spine are unable to support the postural bone structure, the spine will start to curve known as a scoliosis. If this occurs it can cause problems with pain, breathing, movement and function and can impact on quality of life. Effective postural care can delay the curve progression during a child's growing period.

HIP AND JOINT DEFORMITIES: Children with a neurological impairment and tonal problems are at greater risk of having hip problems such as dislocation and subluxation. Effective postural management can help delay, reduce and provide comfort for these children.

PAIN AND DISCOMFORT: If a child is unable to support their posture well or unable to independently move from one posture to another they can be more at risk of developing joint pain and pressure areas. If this is not managed with a variety of postural positions, secondary issues can occur such as muscle and joint imbalances which will perpetuate the feeling of pain and discomfort.

REDUCED SOCIAL AND WELLBEING OPPORTUNITIES: If children are unable to access their daily occupations and community activities they may become socially isolated which could impact on their health and wellbeing. Often children may require the help of postural management equipment such as specialist seating, to enable them to functionally participate at home and in school. They may also require mobility devices to enable them to walk and participate in functional activities.

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Kind and caring
Caredig a gofalgar

Respectful
Dangos parch

Trust and integrity
Ymddiriedaeth ac uniondeb

Personal responsibility
Cyfrifoldeb personol

- **Chart 1; Therapeutic interventions that support 24 hour postural management**



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Things to remember!

- **PLEASE TRY TO GIVE YOUR CHILD A CHANGE OF POSITIONING EVERY 2 HOURS DURING THE DAY.**
- **YOUR CHILD MAY ALSO NEED POSTURAL CHANGES THROUGHOUT THE NIGHT.**
- **REGULAR CHANGES OF POSITION WILL REDUCE THE RISK OF PRESSURE AREAS AND PROVIDE COMFORT FOR YOUR CHILD.**
- **WHEN YOU CHANGE YOUR CHILD'S POSITION TRY TO KEEP THEIR BODY IN A GOOD, WELL SUPPORTED POSTURE.**
- **YOUR CHILD CAN HAVE FREE PLAY ON THE FLOOR FOR SHORT PERIODS BUT TRY TO AVOID TWISTED (ASYMMETRICAL) POSTURES.**

Think comfort and symmetry!

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IF YOU NOTICE ANY NEW CHANGES WITH:

- Posture
- Muscle tightness
- Joint stiffness
- Pain
- Hip problems
- Spinal problems
- Foot problems
- Knee problems
- Positioning into sitting or lying

PLEASE CALL YOUR PHYSIOTHERAPY SERVICE.

TY GWYN SCHOOL – 02920838578

**ST DAVIDS CHILDREN CENTRE –
02920536805**

**YSGOL Y DERI – 02920352280 health
option5 physio option1**

YYD physio mobile -07790988866

**LLANDOUGH CHILDRENS CENTRE -
02920715580**

PROBLEMS WITH EQUIPMENT – PLEASE CALL:

Rehab engineering specialist seating - 02920313905

ALAC wheelchair repairs – 01433 661799

Orthotics- foot splints/ boots/spinal jackets - 02920313922

Orthotics- hand-splints – your occupational therapy (OT) department

Standing frames /positioning wedges: Physiotherapy department

Sleep systems: physiotherapy or OT department