

Postural Care

Why is it important?

Postural Care describes any intervention aimed at protecting a person's body shape. The majority of us are able to experience typical and purposeful movement which protects our bodies from developing fixed postures. However, others have difficulty moving and are unable to sit, stand or walk by themselves making them more at risk. As a result they become reliant upon others to achieve symmetrical and supportive body positions.

Postural Care often requires a combination of :

- Advice, teaching and training
- Active movement
- Stretching
- Positioning, varying throughout 24 hrs
- Use of appropriate equipment, (seating, lying support, standing frame)

24 hour postural care ensures that those who find it difficult to move and change position avoid spending prolonged periods of time in destructive postures. Over time, due to lack of movement, repetition and the effects of gravity, these destructive postures can result in:

- Difficulty engaging in social activities
- impact well-being
- increase fatigue
- physical affects on joints and the spine resulting in pain and issues with digestion
- increased equipment needs
- greater dependence

The best defence against body shape changes is movement or change of position over 24 hours. Every child/young person is different and

requires individual advice, support and equipment. Your child/young person's therapy team may well have already supported you with this.

What can you do?

A few questions to ask yourself.

- How long has my child/young person been in one position? Generally, the guidance is around 2 hourly position changes
- Do they look symmetrical and supported?
- What equipment have I got available to use?
- Do I need to seek help to ensure appropriate support/equipment?
- Is there part of my child/young person's 24 hour day where I can improve their position?

If you have any questions regarding postural care please feel free to contact the clinical therapies team or email clinical.therapies@clairehouse.org.uk