



## **Guide to Postural Management**

A Postural Management programme is a planned approach encompassing all activities which impact on a person's posture and function. This is achieved by supporting the body in a straight and comfortable position, both by day and night to enhance the person's well-being, independence and participation in everyday life. Programmes are tailored specifically and may include special seating, night-time support, standing supports, medical and surgical interventions orthotics, active exercise, and individual therapy sessions.

### **24-Hour Postural Management**

Postural Management is a programme of suitable handling, treatment and positioning of children that promotes motor development and reduces the risk of postural deformity. It is incorporated into the lifestyle of the individual and is applied throughout the day to encompass all activities and interventions which impact on an individual's posture and function.

Programmes are specifically tailored and involve the use of postural management equipment. Such equipment facilitates positioning whilst lying, sitting and standing to enable the child to participate in their normal daily activities whilst the benefits of good posture are maintained. Regular changes in position and comfort in a balanced neutral posture are an integral part of a postural management programme.

Postural management is not just about equipment, the term is used to describe everything that has an impact on a child's postural ability, including:

- Individual therapy sessions
- Active exercise
- Botox
- Medication
- Special surgical equipment
- Individual/joint therapy sessions
- Active exercise & home programs

- Orthotics & Splinting
- All supported by educating all those in direct contact with the client every day

Decisions regarding which intervention is chosen should be based on a child's clinical and functional activities, pain levels, sleep assessment, and the implications of the interventions in social and emotional terms.

### **Why 24 hr Postural Management?**

Children who have difficulty moving and who are unable to sit, stand or walk by themselves are at risk of developing complications of the hips and of the spine, which if left unchecked can lead to pain, structural changes, breathing and digestive difficulties and the possible need for surgery.

### **Benefits of 24 HR Postural Management**

- Positioning and treatment in lying, sitting and standing is designed to:
- Improve functional ability
- Promote the development of normal movement patterns
- Encourage active movement maintain muscle length,
- Maintain proper skeletal alignment
- Reduce the progression of deformity
- Reduce fatigue
- Manage pressure
- Enhance autonomic nervous system functions such as breathing, swallowing, digestion and cardiac function

Positioning equipment compliments therapy treatment regimes by continuing correct biomechanical feedback during day and night. Postural management equipment also enables children to join in activities, gives them a stable base of support to work from, better positions to rest in and enhances their physical abilities, and, therefore, their overall quality of life.

### **Contact Us**

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