

# Postural Care Awareness

## Training for Carers

### and people with limited mobility

Failing to protect your body shape can result in some health complications such as:

- Contractures
- Scoliosis
- Difficulty breathing
- Hip dislocation
- Poor Digestion
- Constipation
- Pressure on internal organs



People who find it hard to move are most at risk.

This is because they often sit and lie in limited positions. Postural care is about using the right equipment and positioning techniques to protect and restore body shape

The earlier the intervention the better— but it's never too late.

### Postural Care:

### Protecting and restoring body shape

If you have, or support someone with limited mobility join us on our 2 day **FREE** accredited training course.

Learn how sleeping positions can alter body shape and how to use correct positioning gently and safely.

We use non-invasive objective body symmetry measurements and develop a Postural Care Pathway with you.

Optional Open College Network for Level 2 Awareness Qualification (3 credits)

24th February & 1st March (9.30am-2.30pm): **Birkenhead Park Visitor Centre**

20th & 21st February, 1st & 12th March (10am-2pm): **Woodchurch Leisure Centre**

23rd February & 5th March (9.30am-2.30pm): **Village Hotel**



For more information or to book your place contact  
Postural Care Wirral:

**Email: [posturalcare@potentialfutures.co.uk](mailto:posturalcare@potentialfutures.co.uk)**

**Mobile: 07969 771 496**



Public Health Innovation Fund



**Postural Care Action Group**  
working to protect body shape