



Postural Care Skills

How and why does the body change shape?

Learning Objectives

The Awareness Unit covers 6 aspects of postural care.

- Identification of need
- Pain profiling and consent
- Posture analysis
- Safety
- Thermal care
- Planning and introducing postural care at night

Our training materials

The following slides are examples of the teaching materials used by our trainers under license

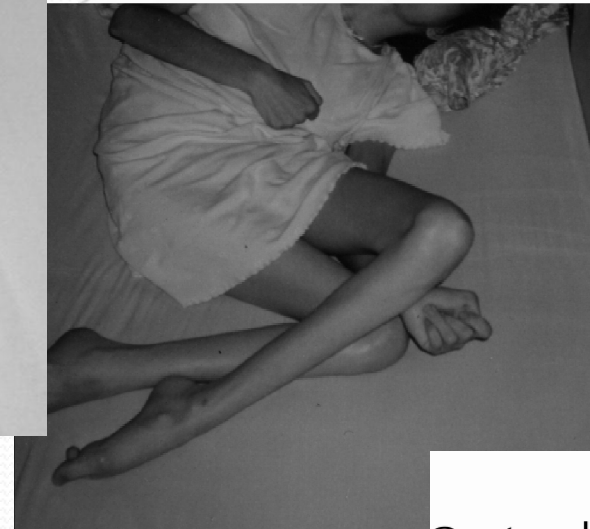
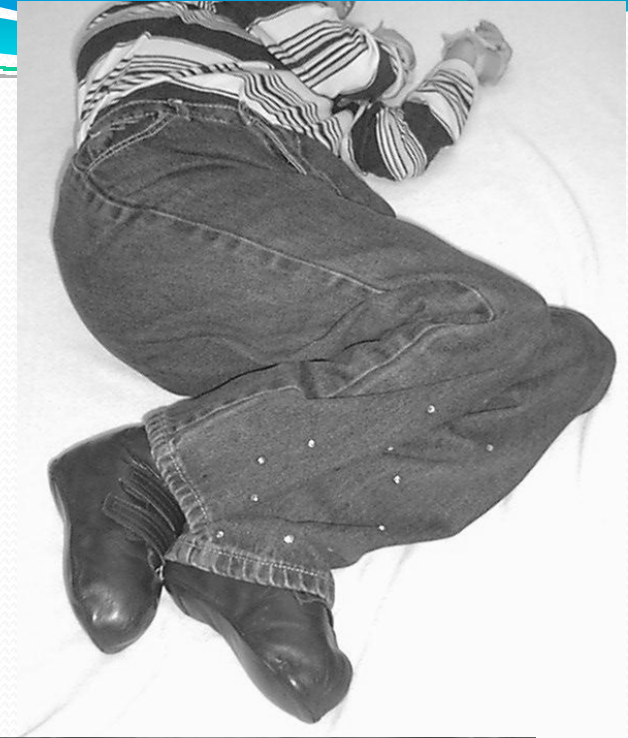
We also use experiential learning methods, models, discussion, problem solving activities and analysis of stories told by families

Our organisation is quality assured every 6 months and all training is accredited regionally through the Open College Network West Midlands Region

The Mansfield Checklist

Identifying those in need of body shape protection

- 1) Does the body stay in a limited number of positions?
- 2) Do the knees seem to be drawn usually to one side?
or inwards? or outwards?
- 3) Does the head seem to turn mainly to one side?
- 4) Does the body tend to flex forward?
or extend backwards? or both?
- 5) Is the body shape already asymmetric?



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Changes in body shape make it even more difficult for
the person to move...

This results in

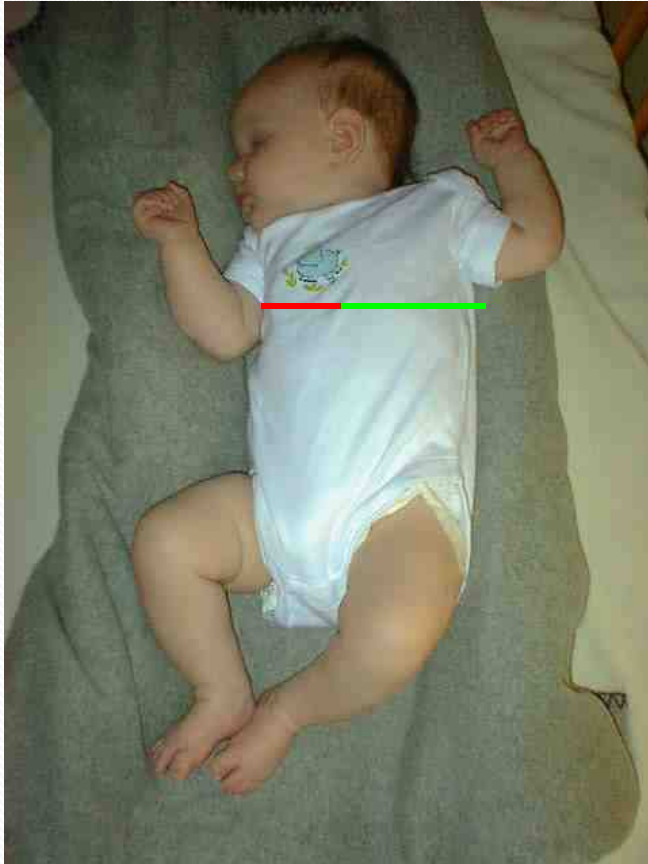
“habitual lying postures”

“I usually lie like this”

becoming

“obligatory lying postures”

“I have to lie like this”



What begins as
normal distortion...



...becomes fixed and exaggerated
in some people



How and why does the body change shape?

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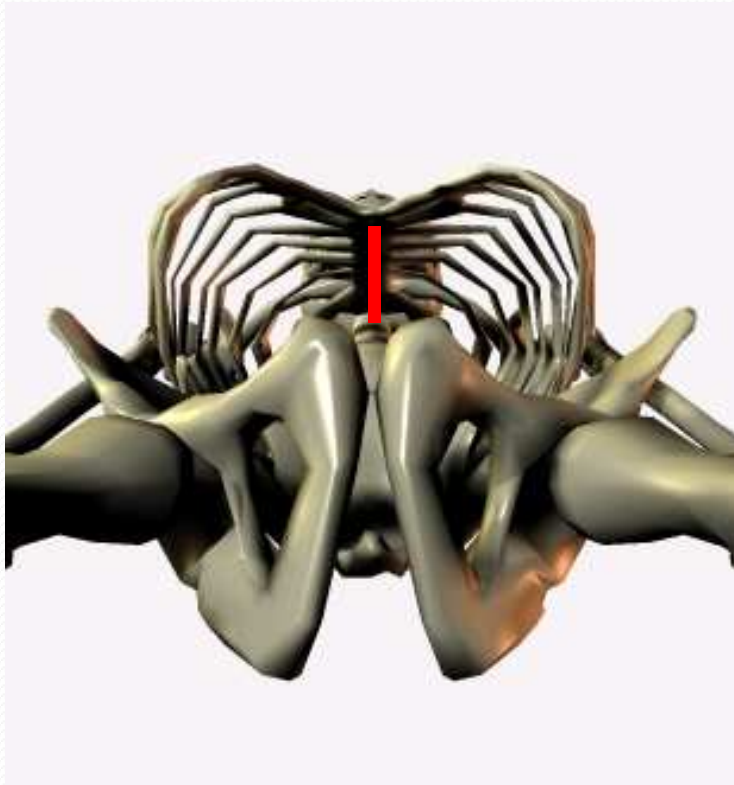
Patterns of Distortion of the Legs

Knees
together

Knees
apart

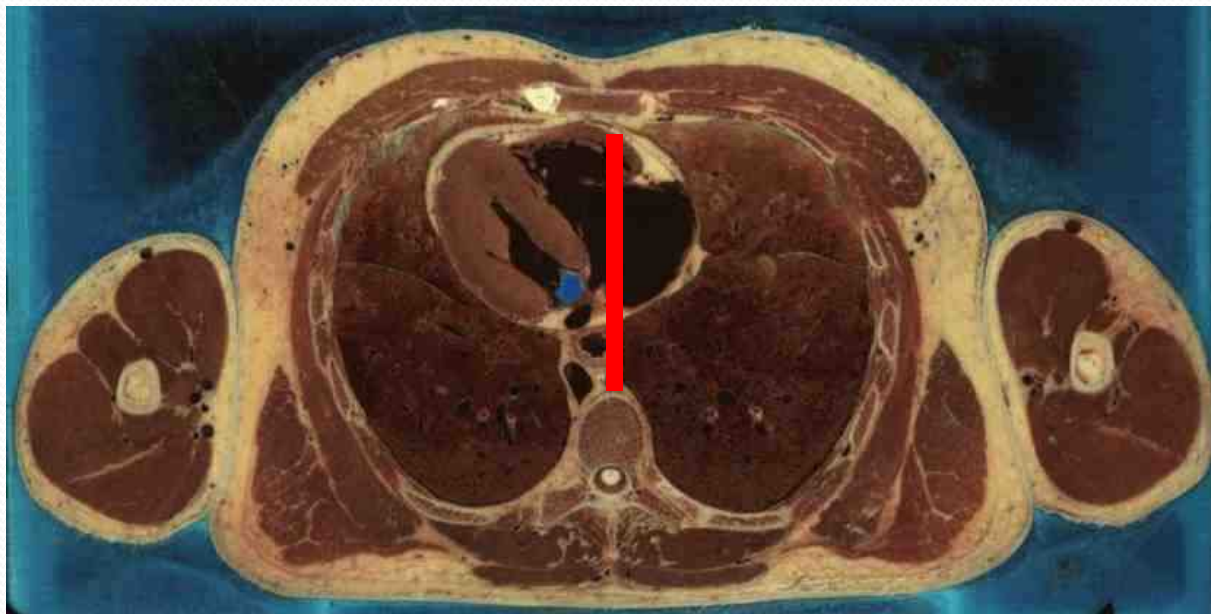
Knees to
one side

Protecting the chest



The chest changes shape
because of
compression (squashing)
and/or
rotation (twisting)

If we look at the space that is usually taken up by the heart, lungs and blood vessels the implications of chest distortion are considerable



$$d : w = 0.71$$

Symmetrical Compression

If you measure the persons chest depth and divide it by the chest width it will give you a ratio.

Depth : Width Ratio
(d : w)

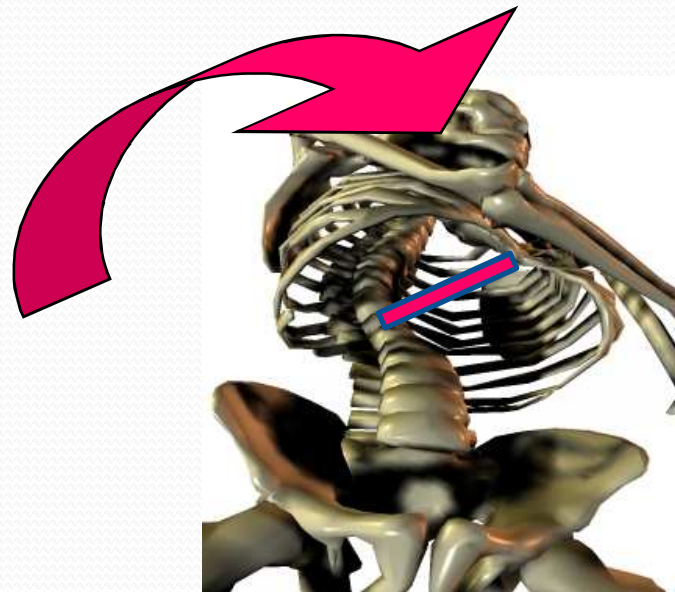




Compression has caused this young man's chest to flatten.

What do you think the implications of this chest shape are for him?

If the sterno-spinal line is at an angle the chest will rotate over time. The direction of **rotation** usually follows the position of the legs.



Looking from the persons feet...
Clockwise rotation of the chest

If the sterno-spinal line is at an angle the chest will rotate over time. The direction of **rotation** usually follows the position of the legs.

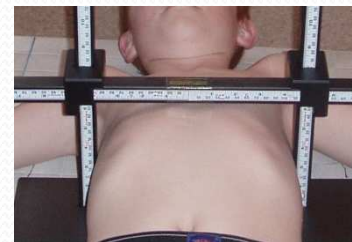
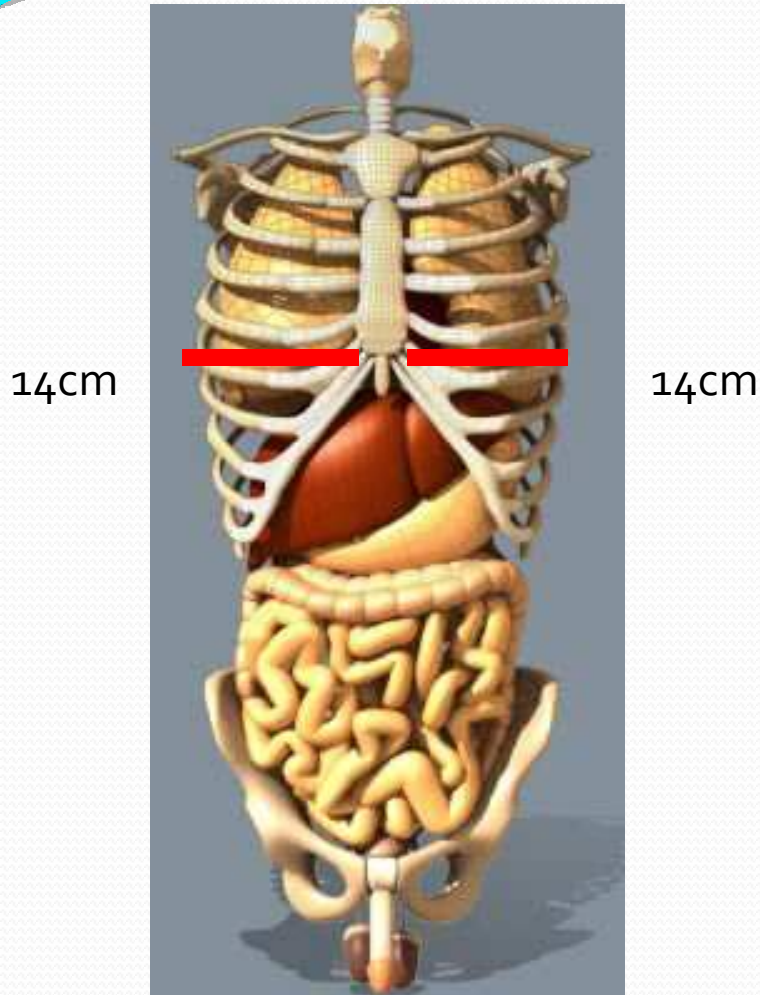


Looking from the persons feet...
Anticlockwise rotation of the chest

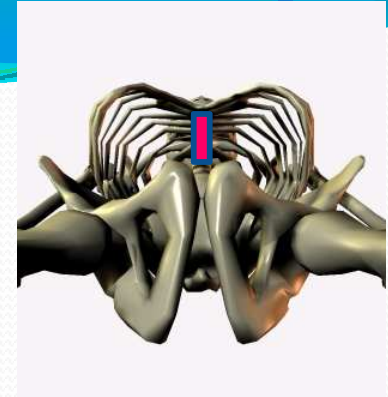
Rotational Distortion and Measurement

Expressed by the
right/left ratio

$$\text{symmetry} = (r:l) = 1$$



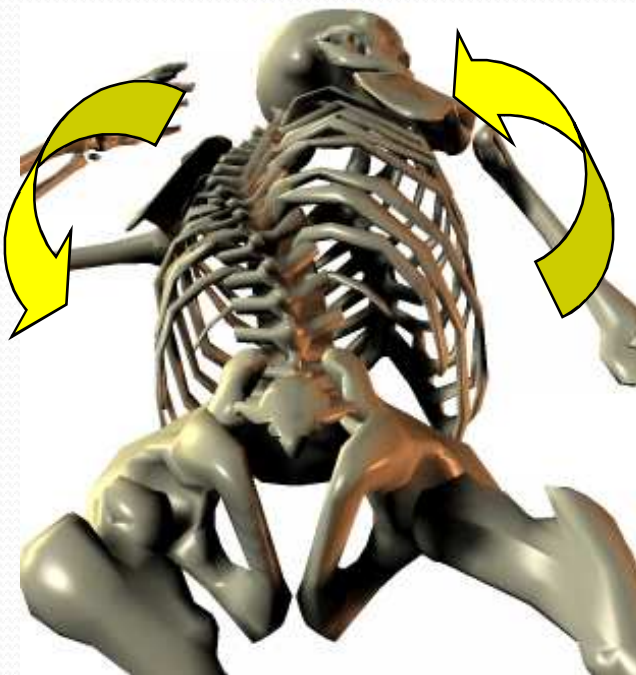
Lying on your tummy



The forces involved in lying prone (on your tummy) are much bigger as the weight of the spine is now on top

Rotational distortion in prone


This person has hip and knee flexion and so needs to put their legs on one side. They also have to turn their head so that they can breathe. This introduces rotational and compression forces.



This sleeping position is very destructive



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Quality assured and accredited training used in conjunction with measurement of body symmetry provides therapy services with objective outcome measures

It also provides families with accurate information, effective and demonstrable skills and the ability to self manage the risk of body shape distortion



Further information

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