

# POSITIONING & MOVING

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Vanco  
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Promo  
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## **OBJECTIVES OF SESSION:**

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- To understand how positioning and moving can affect your health.
  - To better understand your options for posture and seating positions.
  - To discuss the most optimal ways of repositioning
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## Position and Moving: Why is it Important?

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- ...Because positioning can affect so many areas of your health
    - Skin
    - Range of Motion
    - Appearance
    - Function
    - Pain
    - Socializing
    - Overall Health
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## WHERE DOES POSITIONING and Moving HAPPEN?

1. In **BED**
2. In your **CHAIR**
3. During **ACTIVITIES**
4. For your **ARMS / HANDS**
5. For your **FEET**

## 1. Bed Positioning

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**You spend a lot of time in bed during each 24 hour period.**

**Positioning in bed is just as important as positioning in your wheelchair**

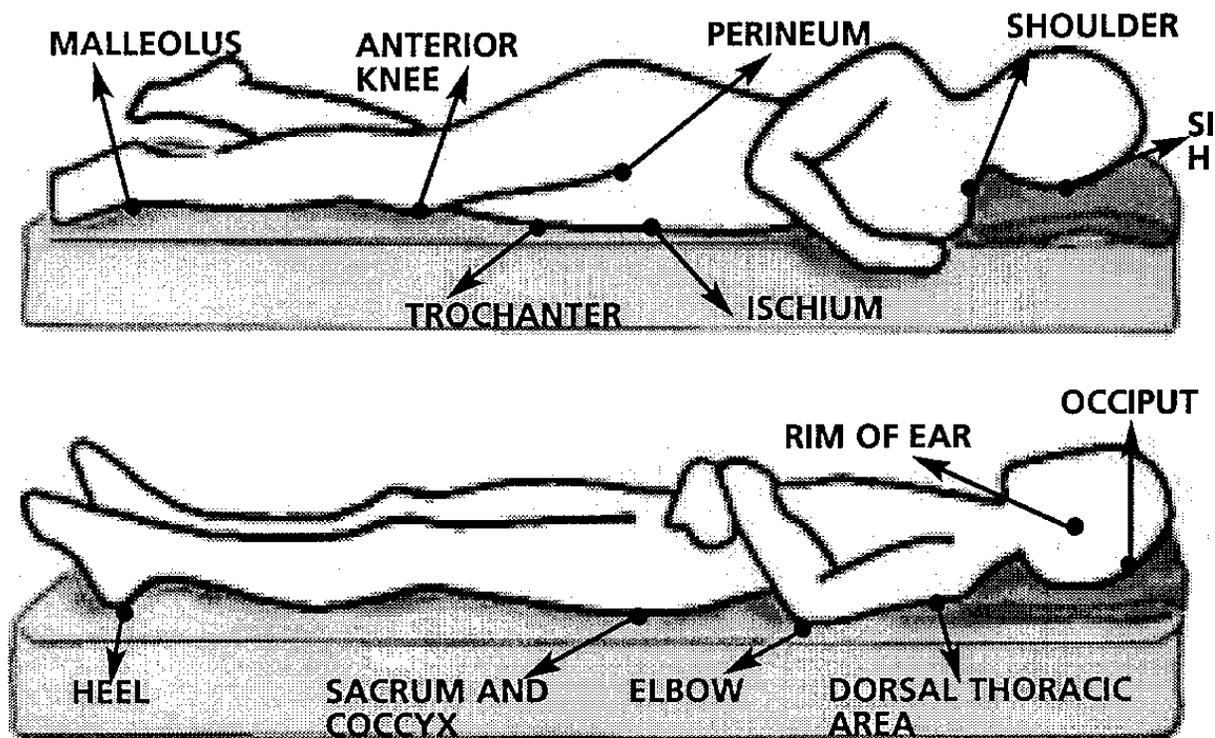
- For skin health
- For maintaining range
- To function (i.e. eating)

**BALANCE IS KEY!**

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# Areas of Highest Risk for Skin Breakdown when Lying in Bed

Figure 1: Pressure Points



## 1. Bed Positioning

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- Head of the bed – low as possible
  - Knee gatch – putting the foot of the bed up before the head
  - Heels and ankles – prop up calves on pillows
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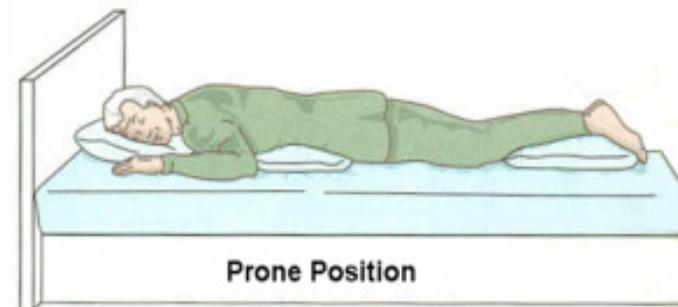
## 1. Bed Positioning

- Semi-side lying position –



Semisupine position is a variation of supine..

- Lying on your front -



Prone Position

## 1. Bed Positioning (For Shoulders)



## 2. Chair Positioning

### **Positioning and moving in your wheelchair is important**

- For skin health
- For range
- To function (i.e. using your arms in activities, breathing, wheeling)

**Your body will likely change over time – Keep track of what is going on with your body.**

**Involve a therapist for a seating review as soon as you notice a problem developing.**

## Ideal Manual Wheelchair Set-Up

- Back vertical
- Seat pan slightly angled upwards (seat dump)
- Proper seat depth, only the length of thigh supported
- Thighs parallel to seat angle
- Hand should reach the axle
- Axle should be slightly ahead of shoulder.
- Balance point should be so you do not have “work to maintain sitting” in your wheelchair



## Power Wheelchair Set-Up

- Trunk upright and centered
- Armrests with elbows at right angles
- Thighs supported
- Hips and knees at right angles
- Feet supported on Foot pedals



Don't ALWAYS Blame The Gremlins  
when Your Headrest Moves!!



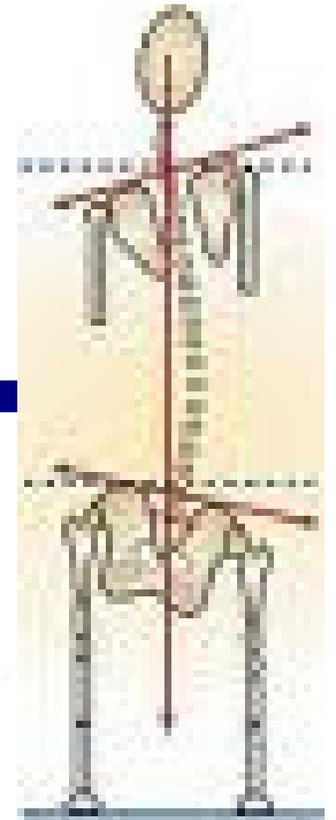
## 2. Chair Positioning

What are some signs that you are not sitting well in your chair?

- New pain after being up in your chair for a while.
- New difficulty doing things that were easier yesterday.
- Fatigue.
- Difficulty breathing.
- Your chair seems to have changed the way it is setup overnight?
- Something doesn't look quite right when you look in the mirror.
- Something doesn't feel quite right (i.e. leaning).

## 2. Chair Positioning

- Check to see if your pelvis is level
  - Feel hips
  - Look at shoulders
  - Look at creases in body
- Check to see if your pelvis is rotated
  - Feel hips
  - Look at knees
  - Look at shoulders
- Ears over shoulders over hips



### 3. Positioning and Moving for Hands and Arms

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#### **Splinting:**

- To decrease the time spent in a non-desirable position.
  - To encourage tissues to lengthen or shorten to help improve function.
  - Night time use may be enough, or when tone and contractures are a concern, day and night-time use may be required.
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### 3. Positioning and Moving for Hands and Arms

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#### Arm/hand program:

- Range of motion
- Positioning
- Exercises
- Daily Activities
  - Don't always make it too easy (but do if it is a repetitive activity)
  - Find activities which are meaningful and motivating
  - Balance your activities

**USE IT OR LOSE IT!**

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## 4. Positioning of Feet

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In bed

In wheelchair

## CARE CONSIDERATIONS

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- You are the teacher!
  - Working with your care providers is a team effort.
  - Use written materials or a helper to demonstrate.
  - Be patient!
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## Case example

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- It has been over a year since you were discharged from GF Strong and you are noticing that you are constantly sliding forward in your chair throughout the day. What should you consider doing?

## Case example

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- You are noticing that you are unable to reach for objects as well as you used to – even passively, your elbow does not extend out straight.

What should you consider doing, regarding your positioning and movement?