

Positioning

How we hold our bodies (how our bodies are positioned using external support) in relation to people and things around us.

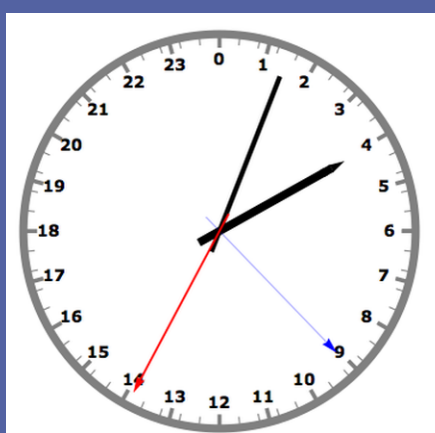
24 Hour Positioning

- 24 hour positioning refers to our bodies position 24 hours of the day.
- Think about how many positions our body is in within a 24 hour period and how long our body stays in each position.

12 hours in bed/sleeping

6 hours at school

6 hours at home



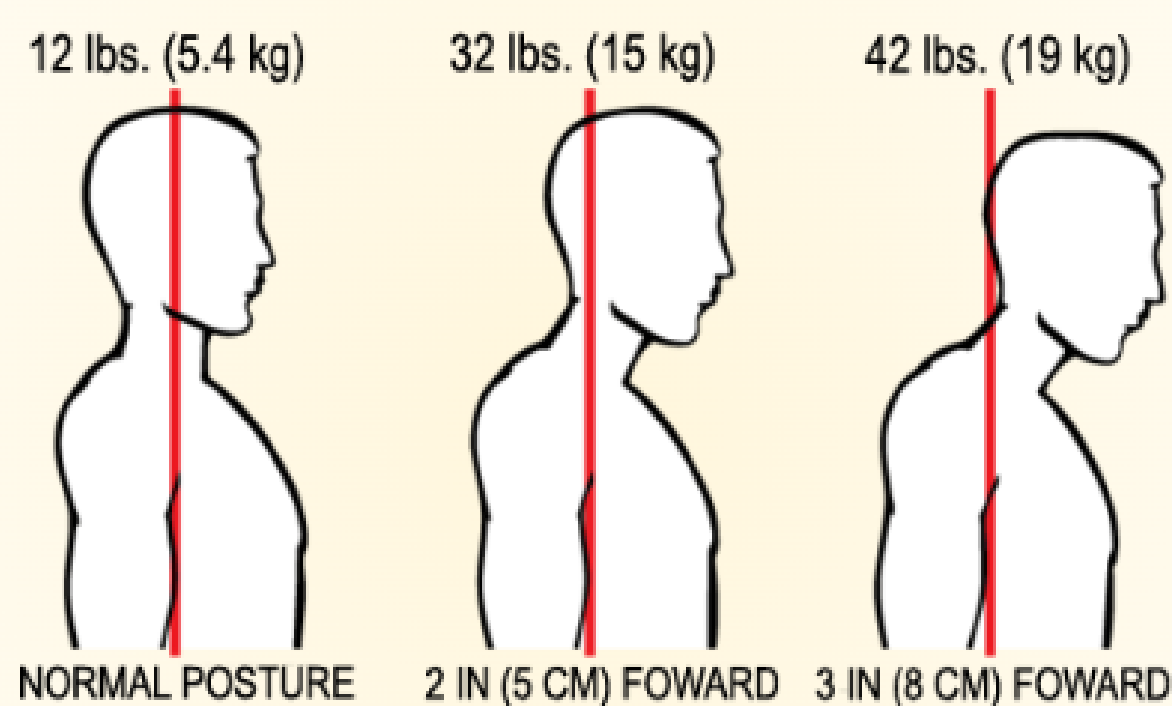
Unsupportive / Destructive Positions

- W sitting
- Slouched trunk
- Forward flexion of the head/neck
- No back support
- Feet not on the floor.

Supportive positions

- Wheelchair, classroom chair
- Long sitting, O sitting, side sitting, crossed legged
- Kneeling, high kneeling
- Prone, supine, side lying
- Standing frames, walkers

How heavy is your head?



19 kg Head

"For every inch of Forward Head Posture, it can increase the weight of the head on the spine by an additional 10 lbs. (4.5 kg)."

What can happen when we allow children to be in destructive positions for extended periods of time

- Severe joint pain, muscle soreness, and permanent body shape changes
- Skin rashes, sores, tears, and other skin integrity issues
- Permanent muscle shortening
- Difficulties swallowing, eating, breathing, and communicating
- Very poor sleep quality

What makes a position destructive

- Gravity
- Alignment

Should the body's ability to keep itself aligned properly become compromised due to disability or illness, gravity will slowly weigh the body down. As the body attempts to adapt, it can become fixed in a position that can be harmful to your bodies health.

While gravity is usually the main reason, some physical and technical factors can also lead to a decline of posture and general comfort.