



Seating and Positioning Fundamentals for Rehab

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Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will "remember" where you were. It's just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture is 127 slides and 97 minutes in duration.

- I. Seating and positioning
 - A. A brief history
 - B. What is seating and positioning?
 - 1. In the context of this course
 - 2. As it is understood by healthcare professionals
 - C. What proper positioning can do:
 - 1. Overall benefits of proper positioning
 - a. Prevention or reduction of deformities
 - b. Optimization of skin integrity
 - c. Improves cardiovascular functioning
 - d. Improves gastrointestinal functioning
 - e. Improves pulmonary functioning
 - 2. Functional benefits
 - a. Improves endurance
 - b. May reduce pain
 - c. Improves cognitive attentiveness
 - d. Improves upper extremity functional reach
 - e. Improves vocalization
 - 3. Personal benefits
 - D. Other program affiliations
 - 1. Restraint reduction program
 - 2. Falls prevention program
 - 3. Rehab dining program
 - 4. Wound care program
 - 5. Pain management program
 - 6. Behavior modification and cognitive training program

Notes

Interactive Questions – slide 41 @ 39 minutes

- II. Seating and positioning: The process
 - A. The physician's order
 - B. Evaluation and establishment of the individualized POC (plan of care)

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- C. Documentation
 - 1. Progress notes
 - 2. Use of photographs
 - D. Follow-up and outcomes
 - E. Other considerations

Notes

Interactive Questions – slide 59 @ 51 minutes

- III. Principles of wheelchair assessment
 - A. Assessment criteria
 - B. Criteria for evaluation
 - C. Determining goals and objectives
 - 1. Quantifying observations
 - 2. Long-term goals
 - 3. Short-term goals
 - D. Documentation summary

Interactive Questions – slide 81 @ 67 minutes

- IV. Principles of good body alignment
 - A. Rules to follow
 - 1. Start with the pelvis
 - a. Pelvic tilt
 - b. Pelvic obliquity
 - c. Sacral sitting
 - 2. Determine what is FIXED and what is FLEXIBLE
 - a. Are you accommodating a fixed condition, such as a contracture or deformity?
 - b. Are you correcting a reversible condition?
 - 3. Observe and measure current seated posture
 - a. Frontal posture
 - b. Sagittal plane
 - c. Safety
 - 4. For upper extremities, begin proximally
 - 5. Determine what the client can do to correct or maintain proper body alignment
 - B. Cognitive and behavioral factors

Interactive Questions – slide 108 @ 87 minutes

- V. Basic seating, positioning and wheelchair terminology
 - A. Quiz yourself: Do you know and understand all the components used in seating and positioning?
 - B. Standard wheelchair parts
 - C. Other terms
 - D. Wheelchair types and dimensions
 - 1. Planar seating
 - 2. Contour seating

Interactive Questions – slide 125 @ 95 minutes

- VI. Conclusion
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