

# 24-hour postural management



## Implementing at home

### What is it?

24-hour postural management is a planned programme which assesses all positions a child uses throughout the day and intervenes to improve or maintain body shape whilst promoting the child's function and development. It should then be

incorporated into the child's everyday life at home, school and beyond. The 3 core positions are seated, standing and lying, however postural management strategies should be applied across all activities from bathing to floor play to upright movement.



### Why's it so important?

Children who have difficulty moving or readjusting their own posture are at risk of developing long-term changes to their body shape. Gravity is continually working on the body and overtime (if left unmanaged) the body will react to conserve energy and shorten muscles. This reduces joint

range of movement and will ultimately pull the skeletal system out of alignment causing a change to the spine and hip dislocation. The result can be secondary complications such as difficulties with eating, drinking and digestion, reduced limb function as well as pain.

## Make it fun!

Postural management doesn't just mean being stationary in adaptive equipment, in fact it's quite the opposite! It's any support that you can provide in any position that will help the child maintain symmetry, develop new skills and have play! In fact the greater the variety of positions you can adopt across the day, the better for your body shape. More supportive devices like sleep systems and seating devices are good for a break or working on complex fine motor activities, while less supportive equipment can be used to work on developing gross motor skills.

**Check out our Early Intervention, Upsee and Standing worksheets for some activity ideas in the home!**

