

Positional Changes

For play and pressure care

Positional changes are important for comfort, pressure care, circulation, respiration and to encourage different muscles in each child to stretch, develop and strengthen. Below are some different ideas on positional changes for your child.

How often? It varies depending on your child and their needs. As adults – the recommendation is that we change our position every 20 to 30 minutes, e.g. standing up every 20-30 mins of sitting. With this in mind – encourage your child to move/change position as often as possible – especially if they are playing. For children who use a wheelchair - ideally change positions every 3-4 hours.

Lying positions

Note: Do not lie your child down within 30 minutes of eating. Give your child adequate time to swallow and clear food that is unable to be seen. The child can be tilted back (e.g. in their wheelchair) for comfort, but please continue to promote chin tuck in this position.



Supine on back

Please put a pillow under the head to promote a chin tuck position. Never have the neck extended whilst on back as it opens the airway for children who have swallowing issues. Head elevation also assists with ventilation.



Prone on tummy over a wedge

Head tilted to the side – **complete on both sides**
 Pillow in-between legs
 Face washer under head for saliva



Side lying

Pillow under head
 Pillow between knees
 Pillow behind back for support
 And a smaller cushion in-between arms

Complete on both sides, symmetry is very important

Floor play positions



Prone play – lying on tummy
Propped up on elbows
Head independently supporting self



OR on wedge



OR on pillows



Side lying

Elbow under shoulder
Hips and thighs stacked up on top of each other

Complete on both sides



On all fours

On hands and knees
Knees directly under hips
Hands directly under shoulders
Head up and forward



Supine flexion – lying on back

Lie on your back with legs and arms up as comfortable.



Cross legged

Trunk in upright position



Long sit in the corner

Legs out straight in front of you
Sit on a non-slip mat to reduce sliding forward
(You want to sit as upright as possible to stretch the hamstrings)



Side sit

Complete on both sides.

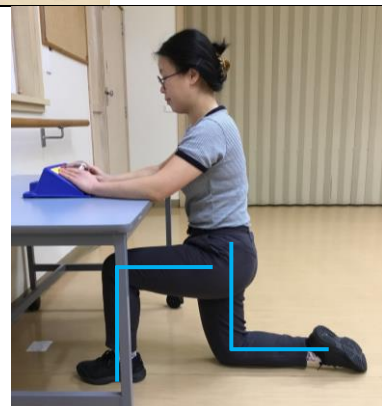


High kneel at a bench

Great position for promoting core strength!

Shoulders over hips over knees

Knees together, or no more than hips width apart



Half kneel

Hips and knees at right angles

Complete on both sides.

Squat play



NO "W" sitting

"W" sitting should be **discouraged**.

It can:

- Increase the chances of hip dislocation in children at risk of hip dysplasia.
- Create tighter muscles in the hips and legs causing muscle imbalances and potentially orthopaedic problems.
- Discourage reaching across the body and therefore decrease coordination.
- Impact development and make it difficult to sit in other positions.



Sitting positions



At chair



On exercise ball

Challenges the core muscles and encourages stabilisation of all muscles.

Standing positions



Standing frame



Standing

Feet together

Feet apart

One foot in front of the other – **both sides**

One foot on a step – **both sides**

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