

Physical Management (Handling and Positioning)

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Session Goals

- To give participants a general overview of:
 - Purpose and goals of proper positioning
 - Terminology associated with positioning and handling
 - Positioning equipment

What type of child may have positioning and handling needs?

- Cerebral Palsy
- Spina Bifida and other neural tube defects
- Down Syndrome
- Developmental Disability

Muscle tone

- Readiness of the muscles in the body to act
 - Hypertonia
 - Spasticity
 - Hypotonia

Goals of Positioning/Handling

- Encourage functional movement
- Encourage maximal participation
- Promote development of posture and movement skills

Physical Management Includes...

- Proper positioning
- Preparing a child to participate in tasks and providing physical assistance as needed
- Carrying out activities with a child that facilitate achievement of functional motor goals outlined in IEP/IFSP
- Planning and carrying out a daily schedule

Physical Management Requires...

- Transdisciplinary approach
- Shared goals
- Consistency in approach
- Daily implementation

Positioning

- Choose positions that allow for active participation in classroom/daily activities
- Allow opportunities for child choice
- Choose activities based on child interest
- Practice in meaningful contexts

Handling

- Consider effect of sensory input
 - Children with hypertonia benefit from low sensory input
 - Children with hypotonia tend to benefit from heightened sensory input

Developing a Physical Management Plan

6 Guiding Questions (Orellove, Sobsey, & Silberman 2004)

1. What are the functional motor goals for child that will maximize participation
2. What specific motor skills need to be developed for the child to achieve these functional goals?
3. Are there additional concerns that need to be considered (e.g., health concerns, orthopedic concerns, etc)

Developing a Management Plan Cont.

4. Will the child need a positioning plan and schedule?
5. What roles will each team member have in implementing the goals outlined in the IEP/IFSP?
6. How will the goals be achieved in an inclusive environment? How can the goals be addressed in naturally occurring daily routines?

Points of Control

- Trunk
- Shoulders
- Pelvis
- Upper arms
- Forearms
- Hands

Purpose of Equipment

- Place students in positions for performing functional activities
- Allow staff to physically manage students
- Designed so assistance can be reduced
- Allows students to practice motor skills
- Designed to promote bone and joint health
- Place the students at a better level for interaction with others and learning

Vertical Stander



Tumble form chair



Tumble form Mobility Base



Gait Trainer



Tumble Form Wedge



Supine Stander



Prone Stander



Rifton Chair



Corner Chair

Gait Trainer Video

<http://www.youtube.com/watch?v=Hz8fCOHoH8&feature=related>

Stander Video

http://www.youtube.com/watch?v=MMIrLL_wPM&feature=related