



**Liverpool is Aiming High for Disabled Children**  
**Liverpool Children's Community Physiotherapy Service**  
**&**  
**Liverpool Children's Occupational Therapy Team**



## Postural Care

## Information for parents & carers

### Introduction

Postural Care is a twenty four hour programme which will be recommended for your child by their therapists.

### What is Postural Care?

- Aims to provide comfortable, symmetrical support for children who are unable to move well
- Specialist equipment protects a child's body shape during the day and night, encouraging them to grow as straight as possible
- The team of therapists give advice and training in positioning your child, including the use of specialist equipment.

### The use of equipment in Postural Management



An example of a young person using part of a sleep system to aid postural care during the night time.

Equipment can be used in lying, sitting and standing

## What are the benefits?

- Postural care safely supports your child in lying, sitting and standing during their daily activities including play.
- Postural care aims to reduce the risk of changes to your child's joints, particularly the hips and spine, which may happen if they do not grow straight.
- Postural care minimises poor postures which can lead to pain, as well as breathing, feeding and digestive difficulties.

The postural care programme needs to be incorporated into the whole day. Everyone who cares for your child needs to have an understanding of the programme and be involved in its delivery.

## Role of the Therapist

- To share expert knowledge of postural management with you.
- To work in partnership with you to develop your child's own postural care programme.
- To work with everyone involved with your child to ensure twenty four hour postural care.

## Role of the Parents/Carers

- To develop their understanding of postural care and its importance for their child.
- To work in partnership with the therapist to carry out their child's postural care.
- To work with everyone involved with their child to ensure twenty four hour postural care.

The therapist will offer support through the setting up and monitoring of a postural management programme, making changes as required.

## Contact Details and further information

For further information including referral forms contact  
Liverpool Community Physiotherapy on: 0151 438 2090

Or email: [CommPhysioAdmin@alderhey.nhs.uk](mailto:CommPhysioAdmin@alderhey.nhs.uk)

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The Community Physiotherapy Service is committed to involving parents with their service development.

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