Please list any concerns you have regarding posture management:

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Dingley Child Development Centre
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This document can be made available in other languages and formats upon request.

Dingley CDC, January 2016
Review due: January 2018

Royal Berkshire NHS
NHS Foundation Trust

Posture Management Clinic for children

Information for parents

The Posture Management Clinic aims to ensure that children are receiving 24 hour posture management from a co-ordinated team of experts.

What is posture management?

The aim of the posture management clinic is to check that your child is receiving 24 hour posture management. This means helping your child to sit in the best position during the day and lie in the best position at night. This promotes motor development and reduces the risk of postural deformity.

What are the benefits of posture management?

- Improved functional ability and learning.
- Promotes the development of normal movement patterns.
- Encourages active movement and maintains muscle length.
- Maintains proper skeletal alignment.
- Reduces the progression of deformity.
- Reduces tiredness.
- Manages pressure.
- Reduces the risk of pressure injury
- Enhances autonomic nervous system functions, such as breathing, swallowing, digestion and heart function.
- Promotes sensory/perceptual development, such as vision, communication and alertness.
- Better body image and mental health.

Who will be there?

The clinic will be attended by a consultant paediatrician, a specialist paediatric occupational therapist from the wheelchair service and other occupational therapists and physiotherapy staff who are involved with your child.

What happens in clinic?

In the clinic we will discuss the equipment your child has to assist them, so it would be helpful if you could bring a list of these with you.

If you can take some videos or photographs, please bring these along.

Equipment will include:

- Orthotics – such as AFOs or spinal braces.
- Walking aids.
- Standing frame.
- Wheelchair or buggy.
- Home chair.
- Class chair.
- Sleep system.

Is there anything else I need to know?

Your child will be examined to review their muscle tone and range of movement.

We will discuss your child's medical management of symptoms and together with you we will look at your child's posture management plan and discuss any changes to it.

We hope that you will find this clinic helpful.

Please list current equipment:

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