

Posture Management for Adults and Children with Complex Disabilities

Oxford Centre for Enablement, Windmill Road, Headington, Oxford OX3 7HE

Full course information

This course comprises **four days in Oxford**. Theoretical and applied sessions provide a background to posture management for people with complex physical disabilities.

Posture management is essential to optimise remaining functional ability and minimise secondary complications associated with this client group.

This course is suitable for allied health professionals, therapy assistants, healthcare scientists and nurses working in neurological and neuromuscular disability.

The course will be taught by any combination of **Bex Oakes, Bicky Ho, Jo Bates and Louise Way**.

All teaching takes place in Oxford and is delivered face to face: **100% attendance is essential**.

Timings for each day are approximately **8.30pm - 4.30pm**.

Background

This course was originally developed following the clinical work completed by Pauline Pope. Wendy Murphy and Pat Postill further contributed to the design and development to this course which has been delivered in Oxford for many years.

The specialist field of 'posture management' encompasses a wide range of issues. As new developments occur in the social, medical and environmental paradigms, so expands the depth and complexity of knowledge and skills required to be able to adequately define and manage the therapeutic needs of the client group.

The current course tutors alongside Wendy and Pat have further informed the content of the course using clinical work, evidence-based practice, and clinical research, completed by the [Specialist Disability Service](#) in Oxford.

This short course can only provide an introduction to the issues pertaining to the physical management of children and adults who have profound and complex disability. If you find that the short course fills you with enthusiasm to the point where you would like to become an expert (or further expand your already established expertise), perhaps you might consider further learning.

Dave Long, Bex, Jo and Louise teach the Postgraduate Certificate in Posture management. The course is validated with Oxford Brookes University (OBU) and takes place at the Oxford Centre for Enablement at the Nuffield Orthopaedic Centre. It is run annually and consists of four teaching blocks over an academic year: September, November, February and March.

Successful completion of this postgraduate course awards you a post-graduate certificate (PG Cert), which is worth 1/3 of a Master of Science degree (if you go on to study the degree at OBU) and up to 40 CATS points (if you study at another university).

Course aims

Using the assessment form, Management of Physical Disability 24-7 (MPD 24-7), to be able to collect, analyse, evaluate and present all necessary data from which to make recommendations for equipment to facilitate lying, sitting and standing.

Course objectives

Related to those with complex physical disability, to develop an awareness and understanding of:

- the meaning of posture
- the principles of biomechanics as applied to posture management
- the need to collect all the data on the MPD 24-7 form, sequentially
- the skills needed to record, on the MPD 24-7, notation of body configuration in sitting and lying and passive range of joint movement using the neutral-zero method
- the critical points and measures that must be considered to facilitate optimal support and/or accommodation within equipment
- the principles of building a stable posture in sitting and lying and the practical application.

Overall

To learn how to analyse and evaluate the data collected on the MPD 24-7 form and to apply the findings to make recommendations for equipment, to facilitate optimal functional positioning, whether lying sitting or standing.