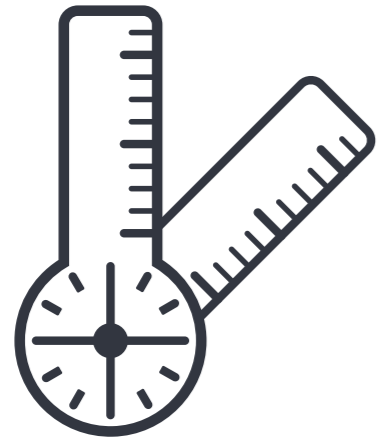




Getting the most from My Seating System



1 Assess: Understand body function and structure

Assess in lying to understand body shape and structure, limitations and range of movement. Assess in sitting to understand effect of gravity on tone and shape, and to determine the best posture to *maximise head and upper limb function*.

2 Set-up: Lower limb stability to maximise upper body function

1. Pelvis: A secure and stable pelvis will prevent sliding and enable an upright posture. It is important that the harness is positioned securely.

Note: a fixed scoliosis may require an oblique pelvic positioning to ensure the head and shoulder are balanced over the seat base.

2. Lower limbs and feet: Femoral guides and foot supports help distribute pressure and increase lower body stability.

Note: hamstrings are a 2-joint muscle. If hamstrings are tight the feet may need positioning behind knees and the backrest opened.

3. Chest and Laterals:

Use the lateral and chest support to align the head over the pelvis and trunk centrally.

Note: use the SATCo assessment to understand the level of head or trunk control and adjust these supports to maximise head and arm function.

3 Review: Re-assess for function

Ensure an active, comfortable and functional position has been achieved which will maximise participation in the classroom and at home.



Mild	Moderate	Complex		
Pal Seat	Everyday Activity Seat	Squiggles Seat	Mygo Seat	Kit Seat
Ages 1-8	Ages 1-Adult	Ages 1-5	Ages 3-14	Ages 12-Adult