Making Seating A Success

John is a stroke survivor. About twenty five percent of Long Term Care residents have had a stroke.





- 1 Head is tilted
- 2 Shoulder & Back are tilted to the side
- 3 Arm is not supported
- 4 Hip is tucked under& slipped forward
- 5 Feet are not flat on floor

If John is not sitting properly, he may have problems with:

- eating, swallowing and talking
- dressing
- moving his body
- moving his wheelchair
- pain

Help John Without Hurting Yourself

While helping John, ensure that your knees are bent and your back is straight



DO NOT level John's hips by trying to lift them with your hands



DO make hips level by drawing the tucked hip out towards you, ensuring your knees are bent to protect your back

DO NOT place just the heel of John's foot under his knee



DO ensure that the ball of John's foot is directly under his knee

DO NOT pull John's stroke arm to his lap



DO gently place John's stroke hand on his lap

DO NOT pull up underneath John's armpits to take the weight off his hips



DO guide John's shoulders forward to shift the weight off his hips

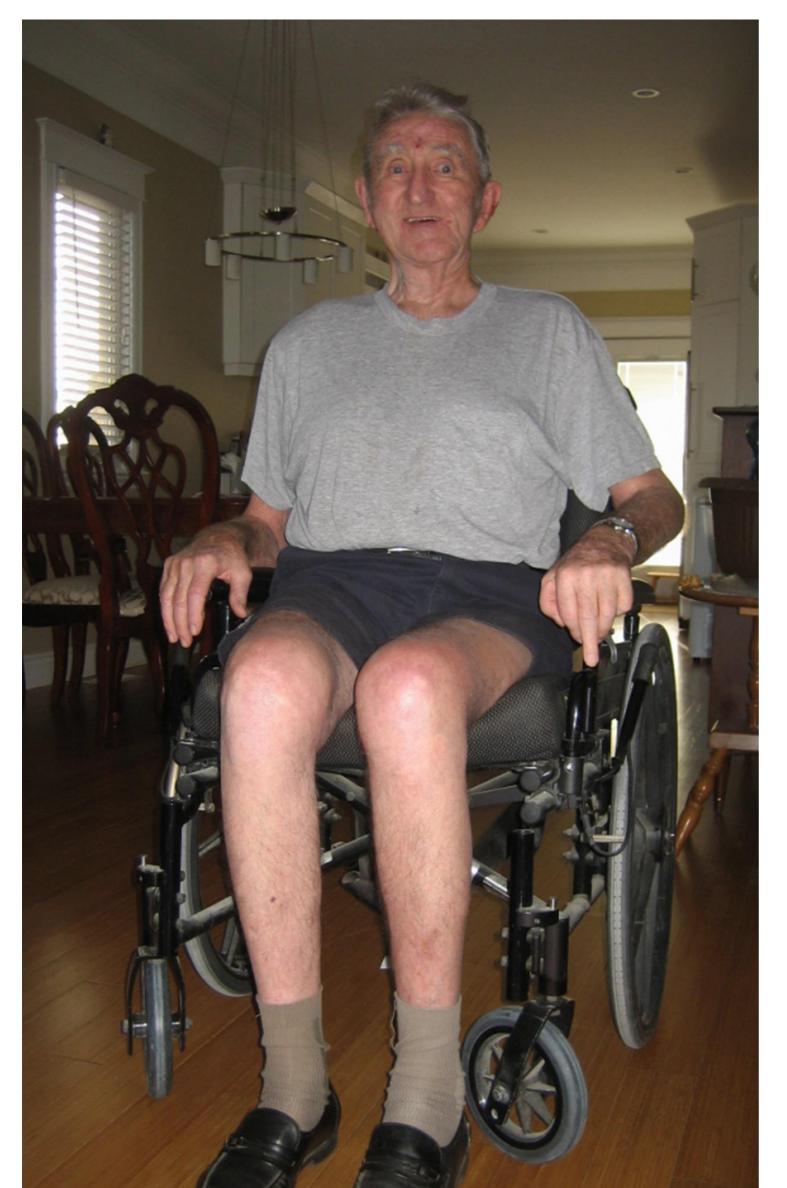
DO NOT lift John's hips to the back of the chair



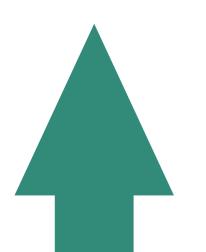
DO gently slide John's hips back into the chair by placing your knees against his, and then carefully guiding them backwards

Successful Seating!





- 1 Head is straight
- 2 Shoulders & Back are straight & supported
- 3 Affected Arm is secure with support of some kind (armrest, pillow or tray)
- 4 Hips are level & well back in chair
- 5 Full foot is flat on the floor
- 6 Hips, knees, and ankles positioned at 90° (90° Rule)



John can now more easily:

- ✓ eat, swallow & talk
- dress

For More Information: www.strokenetworkseo.ca



