

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



DO NOT pull John's stroke arm to his lap



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



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



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

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

DO gently place John's stroke hand on his lap

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

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
- ✓ move his body
- ✓ move his wheelchair
- ✓ be pain free & comfortable

STROKE NETWORK
of Southeastern Ontario

For More Information:

Heart & Stroke Foundation of Canada (2015) Taking Action for Optimal Community and Long Term Stroke Care (TACLS) [Link](#)