Making Seating A Success

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

STOP

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 move more easily:
- eat, swallow & talk
- dress
- move his body
- move his wheelchair
- be pain free & comfortable

For more information and resources on stroke best practices, please contact:
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For More Information:
Heart & Stroke Foundation of Canada (2015) Taking Action for Optimal Community and Long Term Stroke Care (TACTS) Link