

# Making Seating A Success

## 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](#)