

TOPIC:

Positioning in a Chair/Wheelchair After Stroke



Positioning in a Chair/Wheelchair After Stroke



- A stroke can affect a person's ability to move or position themselves
- This may increase their risk for:
 - falls
 - injury
 - pain
 - skin breakdown
 - responsive behaviours
- It can impact their ability to spend time out of bed and/or participate in activities

Positioning in a Chair/Wheelchair After Stroke

What you should know:

- ✓ Development of shoulder and arm pain is common. The arm should always be well supported while sitting to help prevent pain
- ✓ Proper positioning will increase comfort and safety
- ✓ Use of equipment should be specific to the needs of the person
- ✓ A stroke can cause a lack of sensation on one side of the body, so it is important to monitor the person's skin for signs of breakdown

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What you should know:

- ✓ A change in a person's sense of where their body is in space can result in poor positioning of arms, legs and trunk/torso
- ✓ The trunk/torso and one side of the body can be weaker (hemiplegia) which can make it difficult to stay centred and in the best sitting position

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Smart Tips:

Before You Start



- Make sure the person is wearing safe and suitable footwear
- Ensure you have the needed equipment/parts
- Ensure the seat is clear
- Be sure that the chair/wheelchair is in good working order, the brakes are on, and if required, footrests are attached as indicated

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Smart Tips
for Stroke Care

Once In The Chair/Wheelchair



- Hips should be centred all the way back in the chair, with knees and hips level
- The trunk/torso should be centred
- Feet should be flat, directly under the knees and safely placed on the floor or footrest(s)
- The affected arm should be well supported, slightly away from the person's side, with the hand forward and palm down

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Smart Tips
for Stroke Care

Once In The Chair/Wheelchair



- Before leaving, ensure that the person is well supported and comfortable
- Check the person frequently to make sure they remain properly positioned

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Seek extra support

- ✓ Occupational Therapists and Physiotherapists are skilled in proper sitting and positioning
- ✓ There are many options to customize the seating system and help is available