

## POSTURAL SUPPORT: Specific benefits of various positions

Position	Helps	Aids and adaptation
<b>Prone on elbows</b>	To get spine and neck extension	Bolster at chest Prone wedge Young child: across mothers lap with mobile hung just above eye level
<b>Corner sitting</b>	Experience upright position Weight bearing through hips Arms are free to reach out	Corner chair
<b>Side lying</b>	Dissociation of lower limbs. Inhibits ATNR, STNR	Cushion for head Cushion under the flexed knee
<b>Side sitting</b>	Dissociation of left side of body from right When spine is usually flexed to one side then side sit on the hip of the same side Rotation of trunk while reaching	
<b>Sitting (chair/stool)</b>	Dissociation of hip and trunk Weight bearing through hips and feet Experience upright position Arms free	Pelvic strap Chest strap Wedge Grab handles

Enabling Motor Functioning in Children with Visual Impairment and Cerebral Palsy

Position	Helps	Aids and adaptation
<b>Standing</b>	Alignment of the body Shaping of the acetabulum Hip, spine and knee extension Weight bearing through hip, knee and feet. Hands are free to work on reaching	Prone stander for complete support Standing frame for a little less support. AFO
<b>High kneeling - prop on hand in front, extended elbow</b>	Shoulder stability Spine extension Hip extension	Stool in front to prop
<b>High kneeling</b>	Spine extension Hip extension Use hands for activity	Table in front at height so that elbows are at right angle when the child places forearm on table
<b>Crawling</b>	Cross pattern Dissociation of hip, spine, and shoulder	Crawler
<b>Walking</b>	Cross pattern	Walker, Quadripod, Tripod, Parallel bars