

## **Posture Management of People with Complex Disability**

This course comprises of 4 days. Theoretical and applied sessions provide a background to the posture management of the severely disabled person. Management is essential in order to optimise remaining functional ability and minimise secondary complications associated with this client group.

This course is suitable for Allied Health Professionals (and therapy assistants who have experience in the field) working in neurological and neuromuscular disability.

Wendy Murphy, physiotherapist, has worked with Pauline Pope and others to develop the course. She lectures on the course and takes the main responsibility for the running of it and for matters pertaining to teaching and learning.

Pat Postill, physiotherapist, has worked as a clinician in the field of complex disability for 15 years plus. She has contributed to the design and development of the current course and teaches throughout, taking special responsibility for case studies and the facilitation of the 'hands on' practical sessions with clients.

The specialist field encompasses a wide range of issues. As new developments occur in the social, medical and environmental paradigms, so the depth and complexity of knowledge and skills required to be able to adequately define and manage the therapeutic needs of the client group expand.

This is a short course, which can only provide an introduction to the issues pertaining to the physical management of children and adults who have profound and complex disability.

### **Aims of the course**

Using the assessment form, Management of Physical Disability 24-7 (MPD 24-7), to be able to collect, analyse and present all necessary data from which to make recommendations for equipment to facilitate lying, sitting and standing.

### **Objectives of the course**

Related to those with complex disability, to develop awareness of and an understanding of:

- the principles of biomechanics as applied to posture management;
- the meaning of posture;
- the principles of building a stable posture in sitting and lying and the practical application;
- the need to collect all of the data on the MPD 24-7, sequentially;

- the skills needed to record, on the MPD 24-7, notation of body configuration in sitting and lying and passive range of joint movement using the 0-neutral method;
- the critical points and measures that must be considered, to facilitate optimal support and/or accommodation within equipment;

**Overall:** To learn how to analyse the data and to apply the findings to make recommendations for equipment, to facilitate optimal functional positioning, whether lying sitting or standing.

If you find that the short course fills you with enthusiasm, to the point where you would like to become an expert (or further expand your already established expertise), perhaps you might consider further learning.

Wendy and Pat teach on the post graduate course that leads to a credit rated certificate. The course is run annually at the Oxford Centre for Enablement, in collaboration with Oxford Brookes University (OBU).

It consists of 3 weeks of teaching, one each in July, October and January and one 'follow-up' day in July. Successful completion of this course awards you a post graduate certificate and is worth 1/3 of a Master of Science degree (if you go on to study for the degree at OBU) and up to 40 CATs points (if you study at another university).

### **Pre Course Reading Suggestion**

Severe and Complex Neurological Disability: Management of the Physical Condition (Paperback), by Pauline Pope in Dec 2006