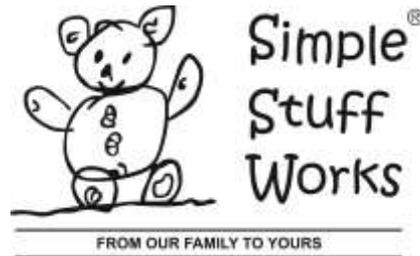


# Night time Positioning Course

## “Postural Care Awareness”



### **Description and course objectives:**

For people with movement difficulty, habitual postures can be destructive, particularly in lying. This course will examine the biomechanical forces at play in destructive postures. It will use real cases to explain how these same forces can be used for correction, prevention and comfort. Our clients often spend many hours in bed. Supported supine positioning makes efficient use of this time.

The course covers the material for a Postural Care course offered through the Open College Network in England. Participants who wish to register and submit the written requirements can receive this accreditation.

The documentation for this course is in English. The instructor is bilingual and presentations and discussions can be in French or English.

### ***Treatment while you sleep!***

#### **Instructor**

**Pamela Richardson** is a physiotherapist, (McGill University, 1981) and certified postural care specialist.

Her interest in night time positioning began with the discovery of the Postural Care approach, developed by Simple Stuff Works Associates, being practiced in England.

The improvements being shown with regard to scoliosis and hip displacements were impressive and Pamela travelled to England for training and certification.

She has taught this course in Rehabilitation Centres throughout Quebec, who have now adopted this approach with their clients. The course has also been given recently in Winnipeg, Manitoba.

### ***Participants will:***

- **Learn to identify the need for night time positioning**
- **Understand which elements of a person's profile need to be considered before implementing night time positioning**
- **Learn how to measure a client in order to identify need and document progress**
- **Place a person in a supported lying position and be placed in the positioning to feel it for themselves**
- **Participate in an on-site clinic with actual clients**
- **Make an individualized intervention plan for a client, based on their needs, including implementation strategies and the appropriate teaching of family members/caregivers who provide daily care**

