

The Mansfield Checklist



To find out if a person needs postural care, think about an individual with movement problems and apply the checklist to answer these questions. Write down additional information after each question.

Does their body stay in a limited number of positions?

Additional information – describe the equipment they use, the opportunities they have to move or change position during the day or any reasons why the person is restricted to a limited number of positions

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Do their knees seem to be drawn to one side?.....or inwards?..... or outwards?.....

Additional information – describe the position of the persons legs, any difficulties this causes and any opportunity the person might have to change this position during the day

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Are their arms and hands in a position in which they could function normally?

Additional information – is there any impact on the person’s positioning when they function? Does the person’s position impact on their ability to function?

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Does their head seem to turn mainly to one side?..... right?.....left?.....

Additional information – does this cause any difficulties with regards to communication or swallowing?

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Does the body tend to extend backwards?.....flex forwards?..... to the right?.....to the left?.....

Additional information – Does the person experience primitive reflexes, if so in which circumstances? Do these movements cause additional difficulties for the person? Are they difficult to control?

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Is their body shape already asymmetric?.....

Additional information – please describe existing distortion of body shape that the person may already experience, any surgical intervention that has been undertaken and any on going difficulties caused by existing distortion of body shape.

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If you have answered yes to any of these questions the person you are thinking of may benefit from postural care.