



Simple Stuff Works

CEU Application

Course Description,
References, Objectives and Quiz

All content © Simple Stuff Works Associates Ltd 2024



01 *Course Description*

This course is designed to take attendees through the basic principles of therapeutic positioning. The course will cover destructive and supported positions, the biomechanics of body shape distortion and the use of objective outcome measurements to monitor progress.

The course will introduce some of the key themes of therapeutic positioning including the patterns of distortion, safety planning and practical positioning strategies.



02 *Course References*

The theoretical approach to therapeutic positioning has spanned nearly 50 years...

- Fulford, G.E., Brown, J.K. (1976). Position as a cause of deformity in cerebral palsy. *Developmental Medicine and Child Neurology*, 18, 305-14.
- Hill, S., & Goldsmith, J. (2010). Biomechanics and prevention of body shape distortion. *Tizard Learning Disability Review*, 15(2), 15–32.
- Casey, J, Rosenblad, A and Rodby-Bousquet, E (2020) Postural asymmetries, pain, and ability to change position of children with cerebral palsy in sitting and supine: a crosssectional study *Disability and Rehabilitation*, DOI: 10.1080/09638288.2020.1834628
- National Institute of Health and Care Excellence (2020) Clinical Guideline: Spasticity in children and young people an overview.
- Wright, R and Clayton S., 'Postural Care in the Age of Covid'. 2020.
- Sato H. Postural deformity in children with cerebral palsy: Why it occurs and how is it managed. *Phys Ther Res*. 2020 Jun 20;23(1):8-14. doi: 10.1298/ptr.R0008. PMID: 32850273; PMCID: PMC7344367.
- Holmes C, Fredrickson E, Brock K, Morgan P. The intra- and inter-rater reliability of the Goldsmith indices of body symmetry in non-ambulant adults with cerebral palsy. *Disabil Rehabil*. 2021 Sep;43(18):2640-2646. doi: 10.1080/09638288.2019.1708979. Epub 2020 Jan 7. PMID: 31910698.



03 *Course Objectives*

By the end of this session attendees will be able to:

- Identify destructive and supported lying postures
- Correctly identify patterns of distortion within the chest
- List at least 5 complications of body shape distortion
- Demonstrate an understanding of chest ratios and how these can impact on health



04

Course Quiz

1. List 3 leg positions which contribute to the development of a destructive lying posture:

.....

.....

.....

.....

.....

.....

.....



From our family to yours

2. Identify 5 possible health issues associated with body shape distortion:

.....

.....

.....

.....

.....

.....

.....



From our family to yours

3. Name 3 ways in which you can monitor the efficacy of a postural care plan:

.....

.....

.....

.....

.....

.....

.....

4. Which direction is the chest rotating in the following images?

.....





Simple Stuff Works

From our family to yours





Simple Stuff Works

From our family to yours





Simple Stuff Works

From our family to yours





From our family to yours

5. Explain the significance of:

A Depth/Width Ratio of 0.5

.....

.....

.....

.....

.....

.....

.....

.....



From our family to yours

5. Explain the significance of:

A Right/Left Ratio of 0.7

.....

.....

.....

.....

.....

.....

.....

.....



From our family to yours

5. Explain the significance of:

A Right/Left Ratio of 1.3

.....

.....

.....

.....

.....

.....

.....

.....

Thanks for attending!

Now you have attended the course please submit your quiz to Anna Goldsmith by emailing her
anna@simplestuffworks.co.uk

Please also submit your course evaluation via this link.

**[https://us10.list-manage.com/survey?
u=1d8912c060805ac7a54226772&id=91936c9bbb&a
ttribution=false](https://us10.list-manage.com/survey?u=1d8912c060805ac7a54226772&id=91936c9bbb&attribution=false)**

WWW.SIMPLESTUFFWORKS.COM

