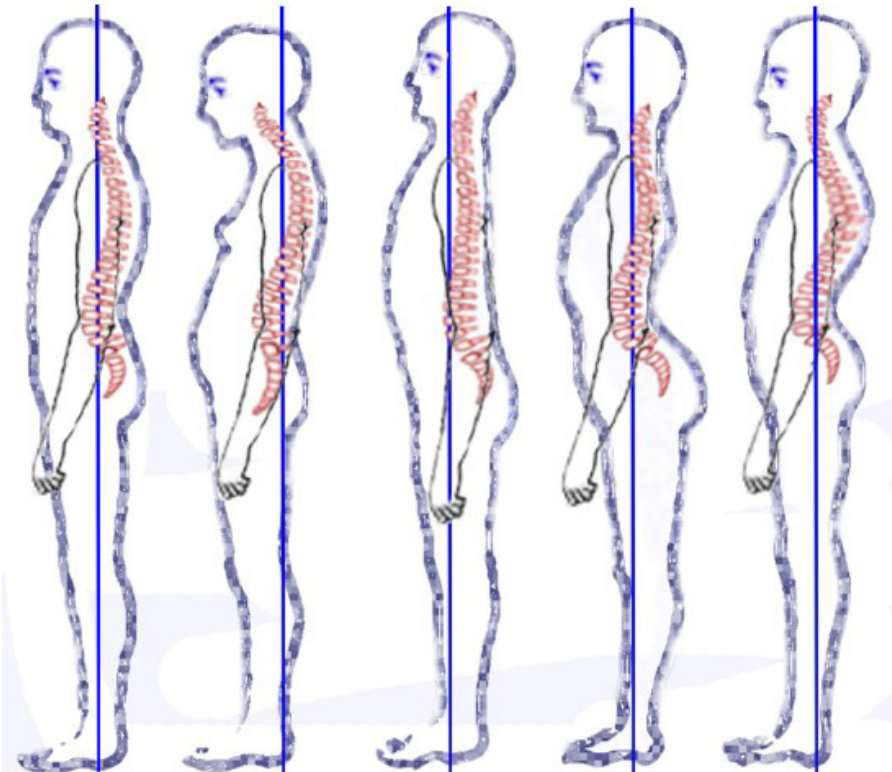




Postural Awareness

Information for patients



INFORMATION TO SUPPORT YOUR REHABILITATION JOURNEY

It is important following a stroke that we improve our sensory experiences so that we try to activate appropriate responses in our muscles. In order to do this it is important that our joints and muscles are protected as far as possible from becoming stiff and sore. The shoulder region is particularly vulnerable because of the type of joint it is when the muscles around this area are weakened. It is therefore important to support the arm at all times by having the arm positioned well. This can be done using pillows or tables or using supportive slings and splints.

Equally it is important that you consider your alignment regularly so that you try to make the most of your postural muscles which are always working in the background to any activity we do when sitting or standing.

THINGS YOU CAN DO...

When sitting:

- ❖ Ensure your body is symmetrical with your head preferably in midline.
- ❖ Place hand and arm / or arms forward onto pillows. If able try and use a table to help keep the pillow and arm positioned well. Try and ensure your affected arm is within your line of vision.
- ❖ Watch out for your knee or hip falling outwards causing the thigh bone to face out instead of straight ahead.
- ❖ Feel for any changes in weight bearing through one buttock more than another. Try and move your trunk and pelvis to correct this to bring yourself back into the middle as far as possible.

Please see Chest Heart and Stroke Scotland Leaflet - Positioning For people Affected By stroke. This can be downloaded from the internet or your therapist may have a copy.

CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

NHS Lanarkshire take care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit the Data Protection Notice on our website at www.nhslanarkshire.scot.nhs.uk or ask a member of staff for a copy of our Data Protection Notice.

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.scot.nhs.uk
NHS Lanarkshire General
Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland.
www.nhsinform.co.uk
Tel No: 0800 22 44 88

If you need this information in another language or format, please e-mail: Translation.
Services@lanarkshire.scot.nhs.uk



www.careopinion.org.uk

Pub. date:	Aug 2021
Review date:	Aug 2023
Issue No:	02
Department:	Physiotherapy
Clinical Lead:	

PIL.POSAWA.19_21567.L
21_17786