

## **FREE!** Postural care Training

### Why complete 24hr Postural Care Training?

For over 15 years Symmetrikit, the UK's leading provider of specialist postural care equipment has provided (free of charge) families, carers and healthcare staff a solid introduction to 24-hour Postural Care through our 3 hour Workshop.

For **Therapists and healthcare** professionals wishing to learn more we can also provide an introduction to 24 hr Postural Care at our '**Lying Position**' Training sessions. A 5 hour course combines Postural Care knowledge, an understanding of the benefits of Thermal regulation, Relaxation and Body symmetry as well as reviews of case studies and trials of corrective positioning equipment.

### **Theory of Postural Management—morning session (9.30-12.30 approx)**

- ✓ The concept of Postural Care and why it is vital in protecting body shape and maintaining function for those with profound disabilities
- ✓ Who could benefit? Identifying a need. A case study
- ✓ Safety considerations
- ✓ Successful outcomes, timing and how to achieve positive results for your client and their families
- ✓ Thermal comfort, relaxation and the importance of developing control strategies
- ✓ Case study

### **Practical implementation of theory—afternoon session (1.30-3.30pm approx)**

Optional: The relevance of supportive seating and a practical demonstration.  
At the end of the Training session you should:

- ✓ Identify if someone is at risk of destructive postures.
- ✓ Be familiar with, and identify, Postural Care needs.
- ✓ Be confident to apply solutions to challenging postures.
- ✓ Be able to implement control measures for pain, discomfort and thermoregulation.
- ✓ Have a basic understanding of measuring and it's application in Postural Care solutions.
- ✓ Access additional support and advice

### **Who will lead the 24 hour Postural Care Training?**

Rosie Bartlett, a Chartered Physiotherapist and Postural Care advisor will lead the training session

### **How many people can join a Postural Care Training course?**

We are the only Company in the UK offering FREE! Accredited training and demand for the training sessions is high.

Training is free for a minimum of 12, up to approx 30 people depending upon the size of the venue and courses can be tailored to suit the needs of your group.

To successfully deliver a Postural Management programme we understand the need for a multi-disciplined approach and would encourage you to invite therapists and professionals from other disciplines.

#### **Terms:**

A minimum of 6 weeks is required for bookings and cancellations. Further free training will not be offered to those cancelling courses within the 6 week notice period.

A minimum of 12 delegates are required to attend each session and pre-course questionnaires must be returned from each delegate or the training session will be postponed.



College of  
Occupational  
Therapists



**NHS**  
NHS Purchasing  
and Supply Agency

**CEP 08030**  
Centre for Evidence-  
based Purchasing

Buyers' guide -  
Night time postural  
management  
equipment for children

*Of 290 physiotherapists  
interviewed the  
Symmetrisleep system was  
given a 90%  
overall usability rating and  
100% performance rating*

### **How to book Postural Care Training?**

Please call Emma on  
01531 638042

or email:  
emma@symmetrikit.com

All course materials are  
available in large print on  
request.