

FREE! Postural Care Training for therapists and Healthcare Professionals



Why complete 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 with a solid introduction to Postural Care through our 3 hour Workshops.

For **Therapists and Healthcare Professionals** wishing to learn more we can also provide a complete introduction to Postural Care at our '**Sitting Position**' training sessions. A 5 hour course combines Postural Care knowledge, Identification of need, Assessment and ongoing reviews—and includes Biomechanics of seating, comfort and microclimate, skin health and reviews of case studies.

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

- ✓ The concept of supported, functional seating and why it is vital in protecting body shape and maintaining function for those with profound disabilities
- ✓ Who could benefit? Identifying a need.
- ✓ Biomechanics of seating
- ✓ Extrinsic factors— skin health, microclimate, body symmetry and control strategies

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

Optional: The relevance of supportive lying and a practical demonstration.

At the end of the Training session you should:

- ✓ Be familiar with, and identify, seating needs.
- ✓ Be confident to apply solutions to challenging postures.
- ✓ Be able to implement control measures for skin health, discomfort and destructive postures.
- ✓ 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 notice is required for bookings and cancellations. Further free training will not be offered to those cancelling 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 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.

Symmetrikit - a division of The Helping Hand Company

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