

## **RESPECT THE HIPS! WHAT HAPPENS WHEN WE CHOOSE NOT TO? HOW MUCH DO THE HIPS INFLUENCE POSTURAL ALIGNMENT IN SITTING?**

*PREPARED AND PRESENTED BY SHARON SUTHERLAND (PRATT), PT*

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### **Discussion points that will be addressed during this presentation:**

How much do the hips influence our client's seated postural alignment? How often do we get referrals to seating clinic for clients presenting with severe scoliosis, pelvic obliquity and pelvic rotation? Is there ever a close relationship between the hip ranges of motion relative to seating and the degree of postural deviation observed? When we observe the client in their seated position and pay attention to the lower rib cage and the ASIS alignment for example, does this relationship change when the client is in supine? How do we translate the clinical findings into optimal solutions?

In my professional journey over the past 5 years, I have had the privilege of doing hands on assessments with over 500 clients who presented with complex postural and skin integrity needs relative to sitting. The direct relationship between hip joint range of motion limitations relative to sitting and consequential pelvic – trunk misalignment has truly opened my eyes. During this presentation, various client cases will be used to analyze the relationship between hip limitations and seated postural presentations. We will review some possible generic options for each client and discuss in detail the potential negative and positive consequences/outcomes for each.

### **The key takeaway messages from this presentation are:**

- The hands on evaluation is a critical part of the process and for me personally it helps me understand the presenting **symptoms** as well as the underlying **causes** of the clients postural presentation and related challenges.
- **Respecting the hips is KEY** to sitting successfully in terms of postural stability, postural alignment, skin integrity preservation, respiratory and digestive function for example
- Translating assessment findings to product parameters in the language of option a and b highlighting the positive **and** negative potential outcomes to everyone on the team is very valuable
- **Trialing the equipment** is necessary for the client, family and clinical team members. It is also essential for the purpose of justifying why the prescribed equipment is in fact the minimal equipment that is essential for the client.
- Remember to **document the consequences** of the client not getting this essential equipment

### **Reading resources:**

1. GuidetoSeating MeasuresRevisedEdition.November2013.pdf  
<http://www.ucdenver.edu/academics/colleges/medicalschoo/programs/atp/Resources/WheelchairGuide/Documents/GuidetoSeatingMeasuresRevisedEdition.November2013.pdf>
2. 2010 Posture and Postural Ability Scale (Pope et al)

### **Speaker Bio:**

Sharon has specialized in the field of positioning, and mobility for the past 28 years. Graduating from Trinity College, Dublin, Ireland as a Physiotherapist, Sharon has experienced many aspects of the seating and mobility service delivery model in Canada, EU and US. She offers clinical consultation to clients/patients, clinicians and manufacturers worldwide. She has given over 800 presentations on this topic. Known to many as a dynamic and highly energetic speaker, Sharon's extensive knowledge and practical experience makes her a very skilled clinician and instructor.