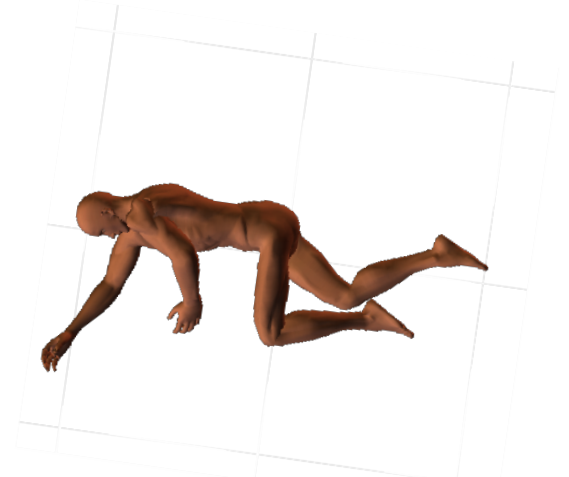


24 timers positionering Siddende & liggende



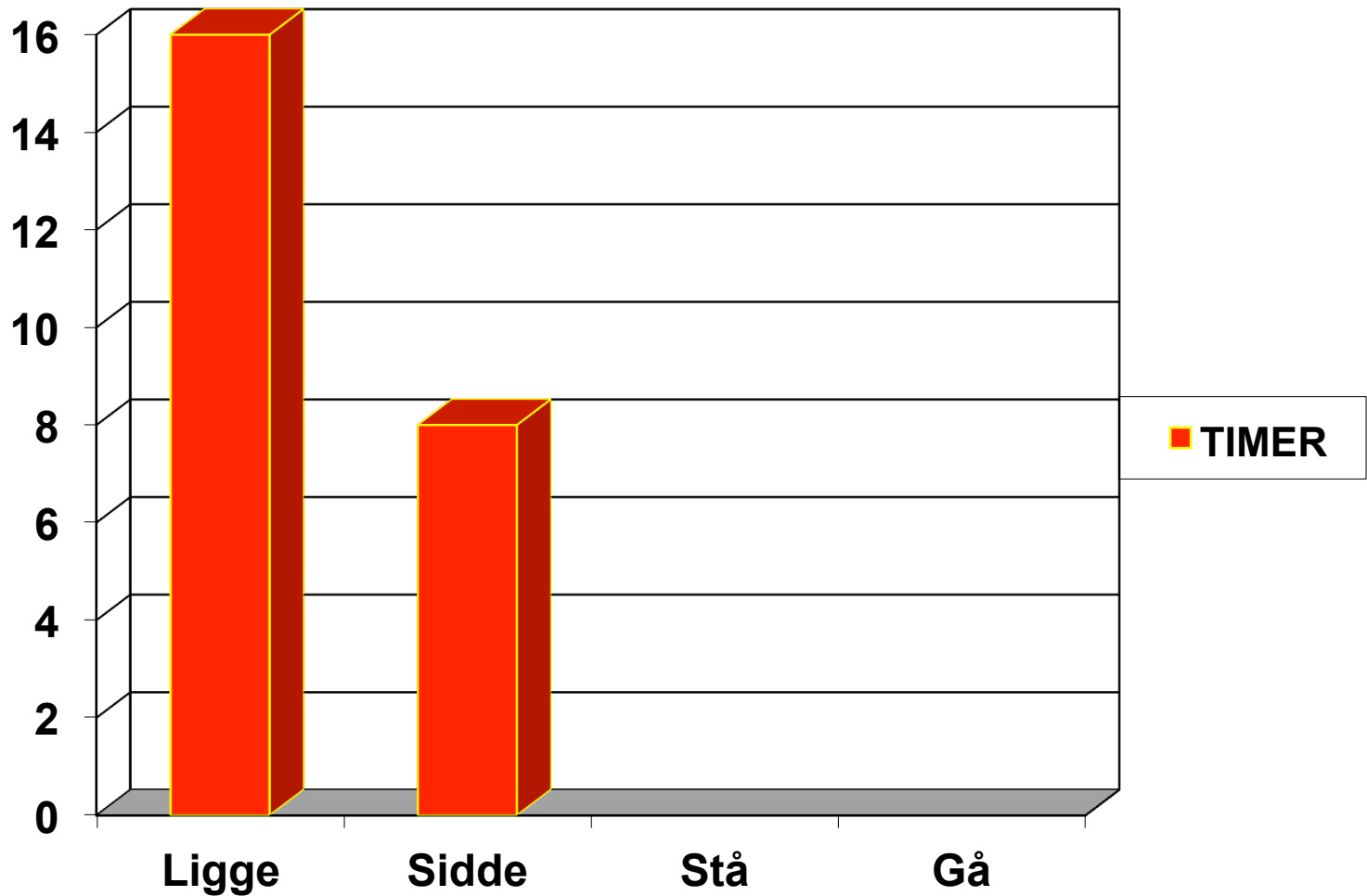
Dorte Støvring
Fysioterapeut
DS Consulting



Største delen af præsentationen er fjernet, da det var en foto serie af en aktuel borger med MS.

Af hensyn til borgeren kunne disse foto's kunne blot benyttes ifm præsentationen og ikke publiceres på nettet.

24 timers positionering



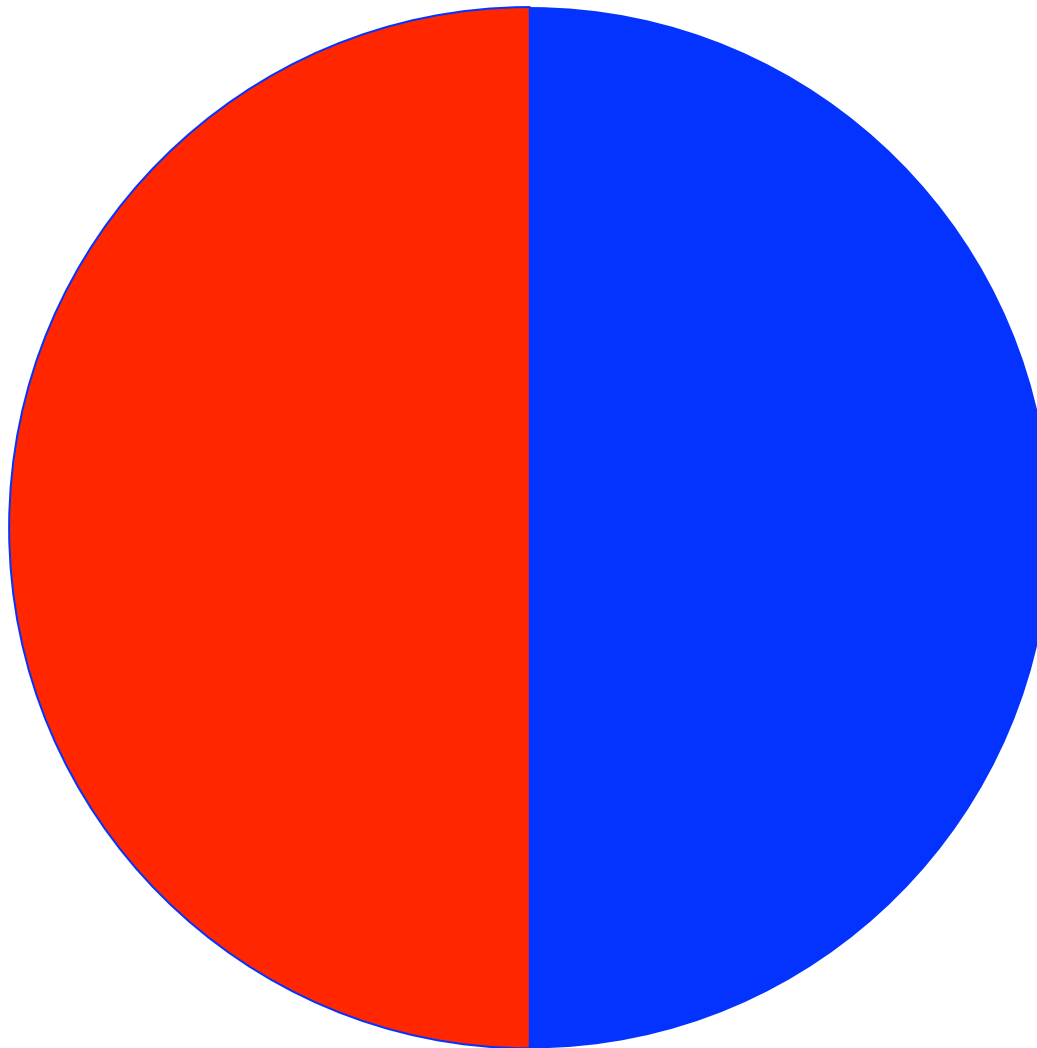
Implementering



Analyse

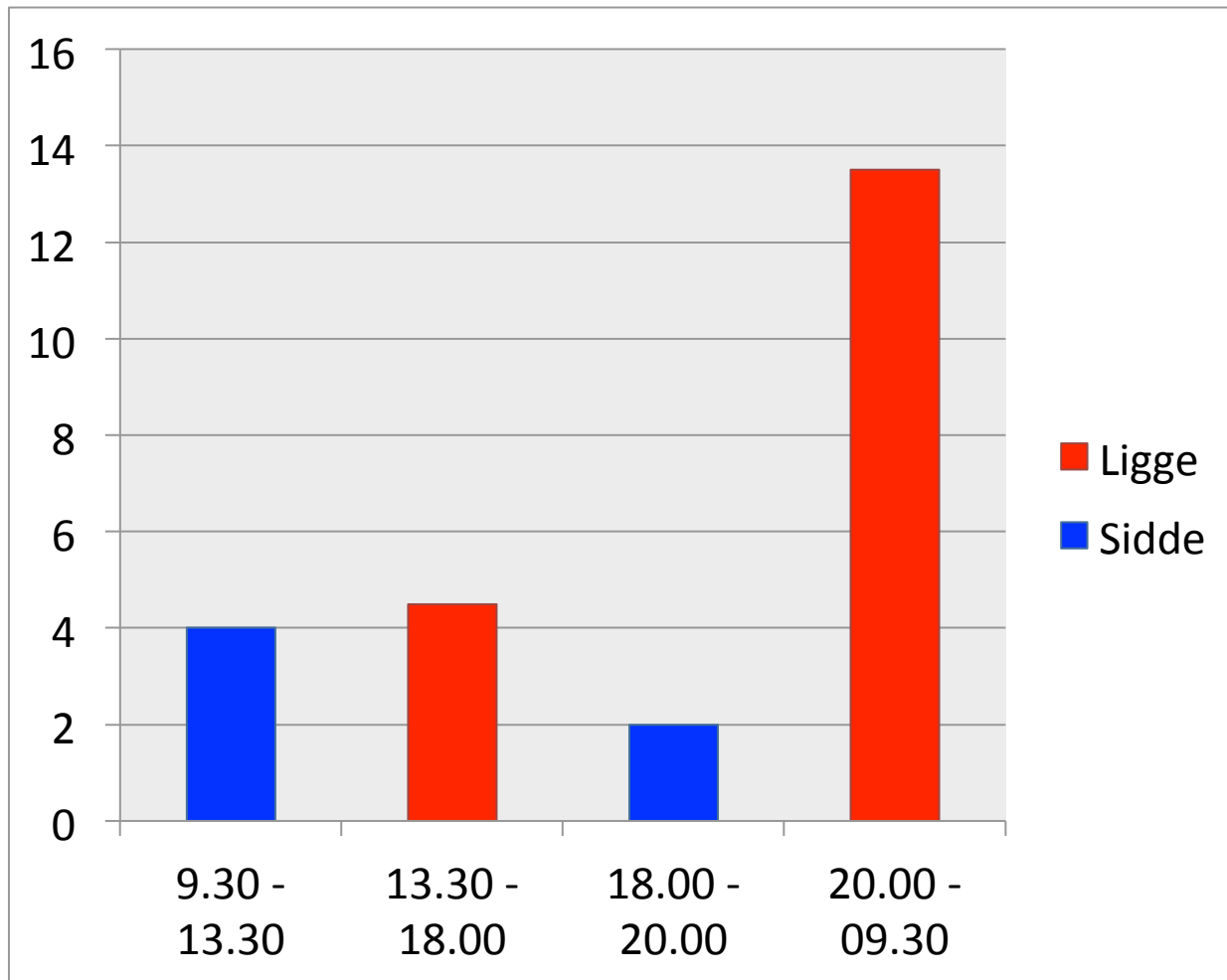
Kommunikation

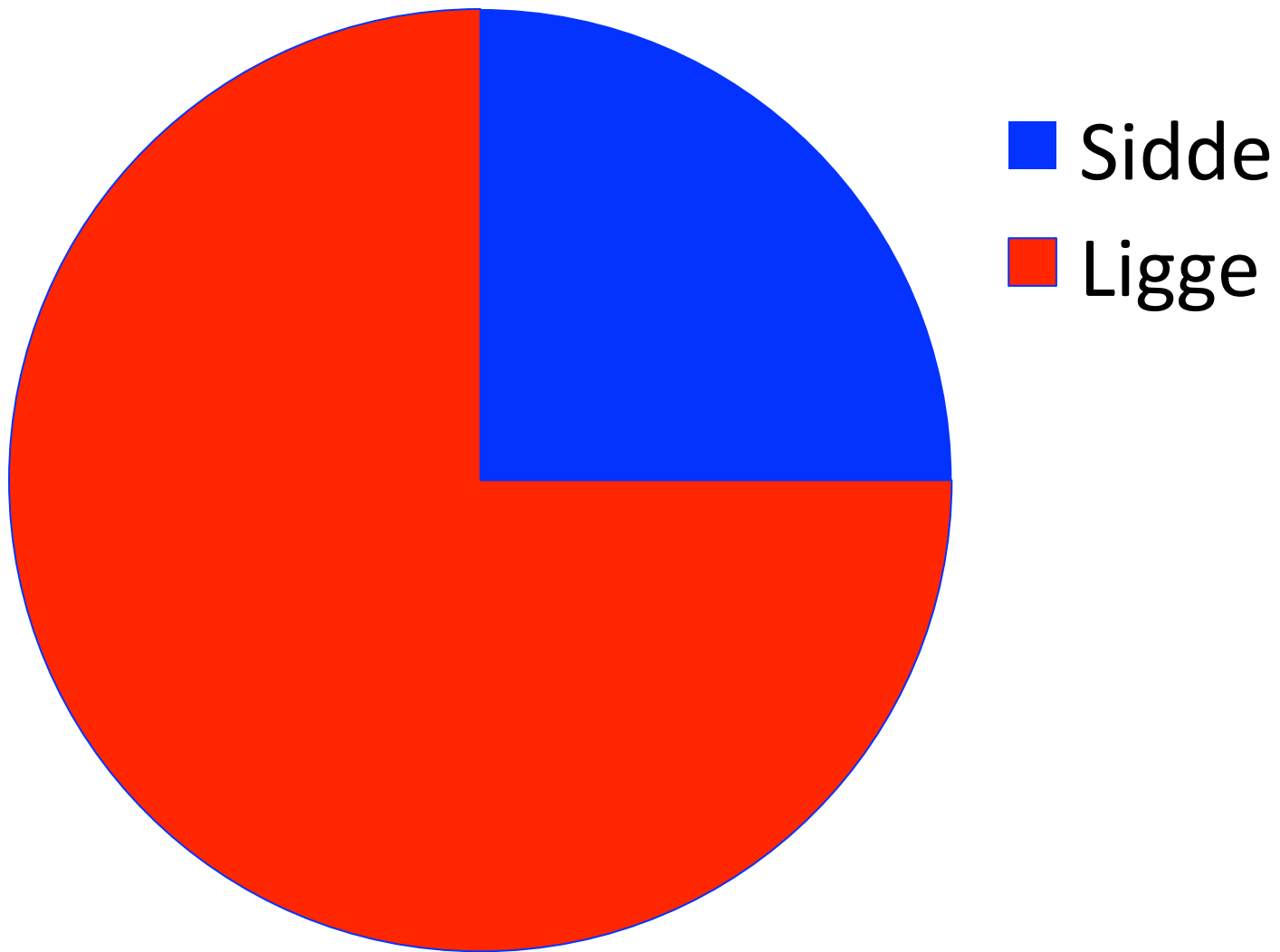
24 TIMER



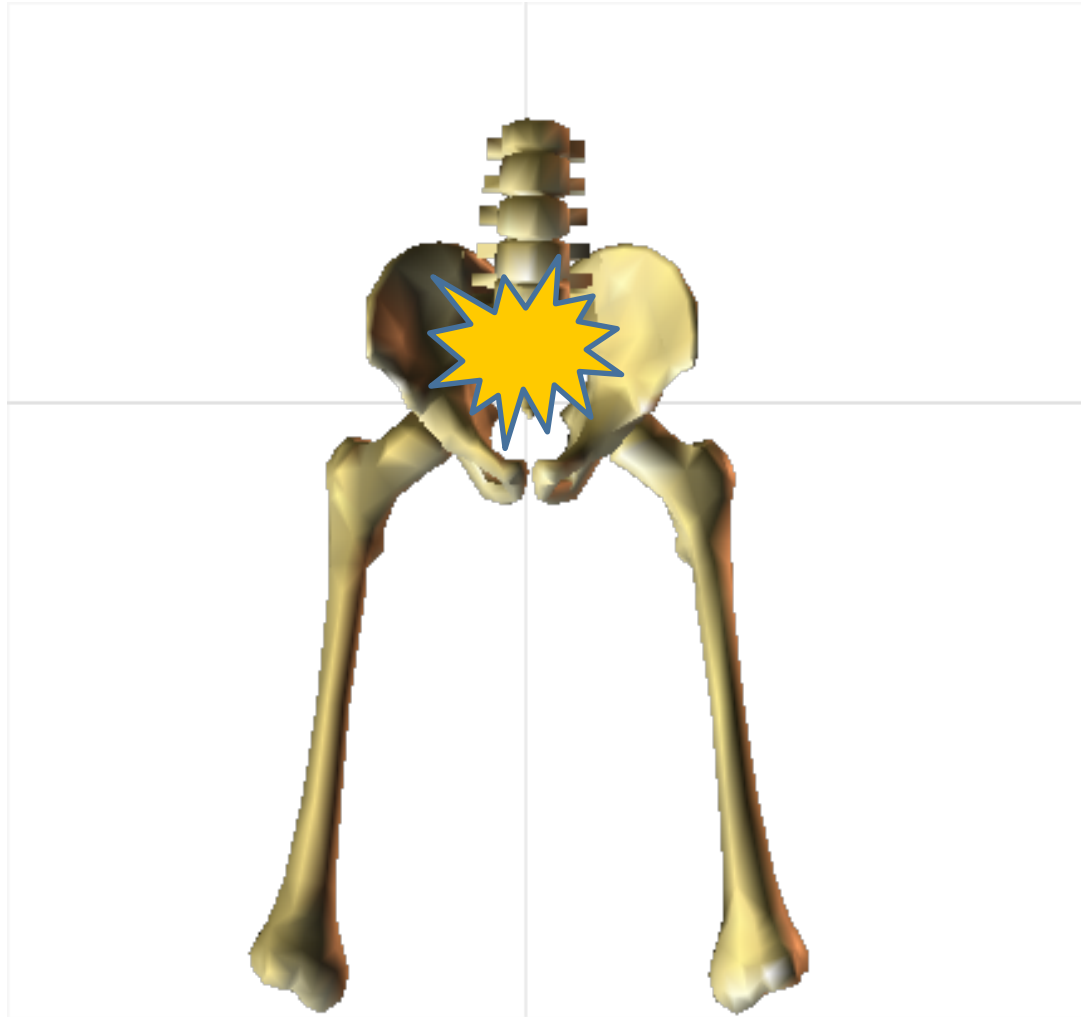
- Sidde
- Ligge

24 timers positionering

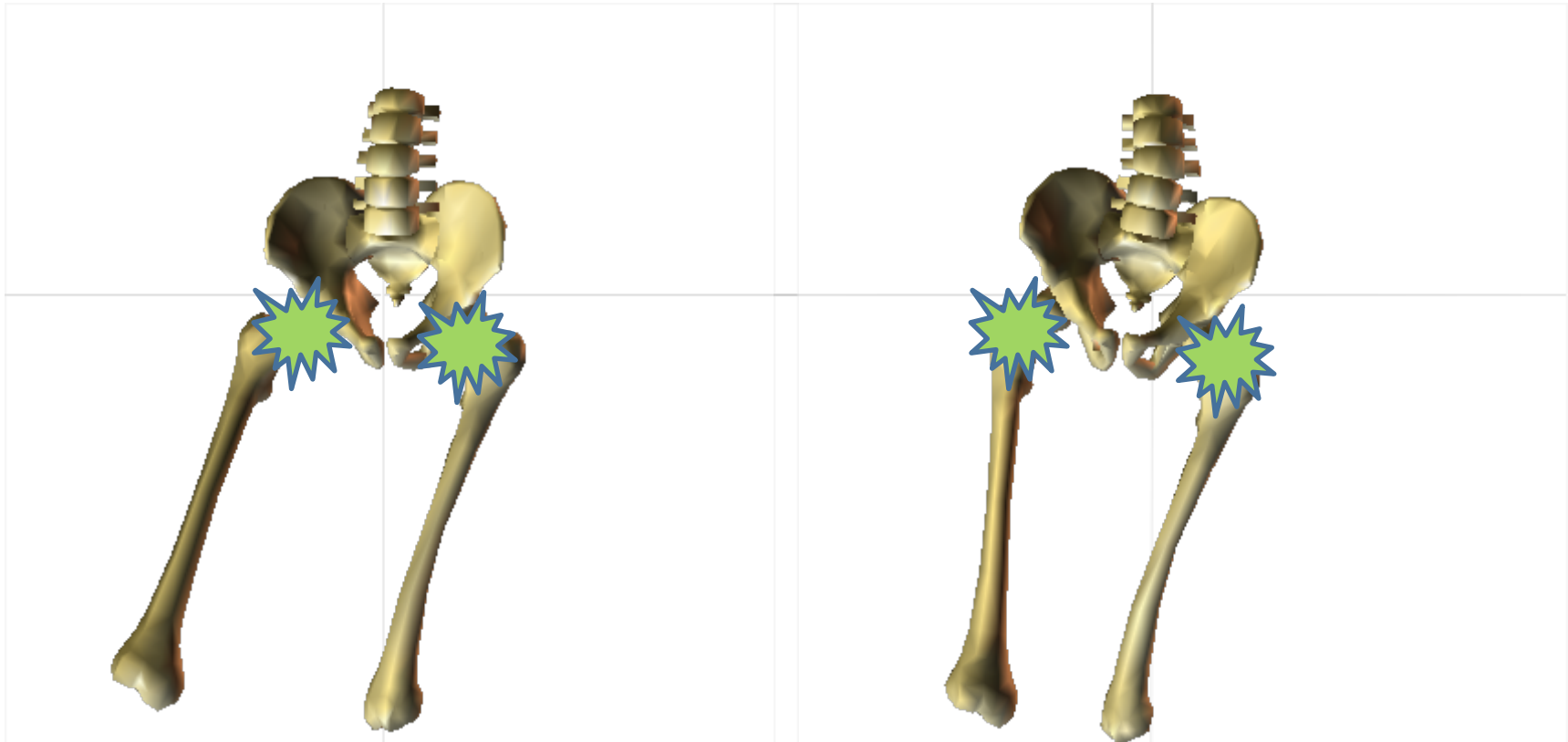




Siddestillings analyse



Analyse ift den liggende stilling



Fysisk undersøgelse

Rygliggende

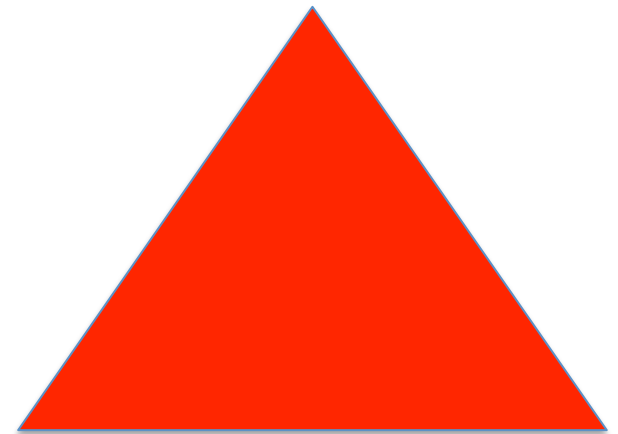
- **Hofte:**
Flex ,abd, add, udad- & indad rotation
- **Knæ**
Flex, ext
- **Ankel**
Dorsal og plantar flexion.
- **Beslut optimal bækken position**
- **Columna**
Scoliose, kyphose, hyperlordose
- **Skulder**
Abd, add, flex
- **Cx**
Flex, ext, rot, lat flex

Kommunikation - implementering

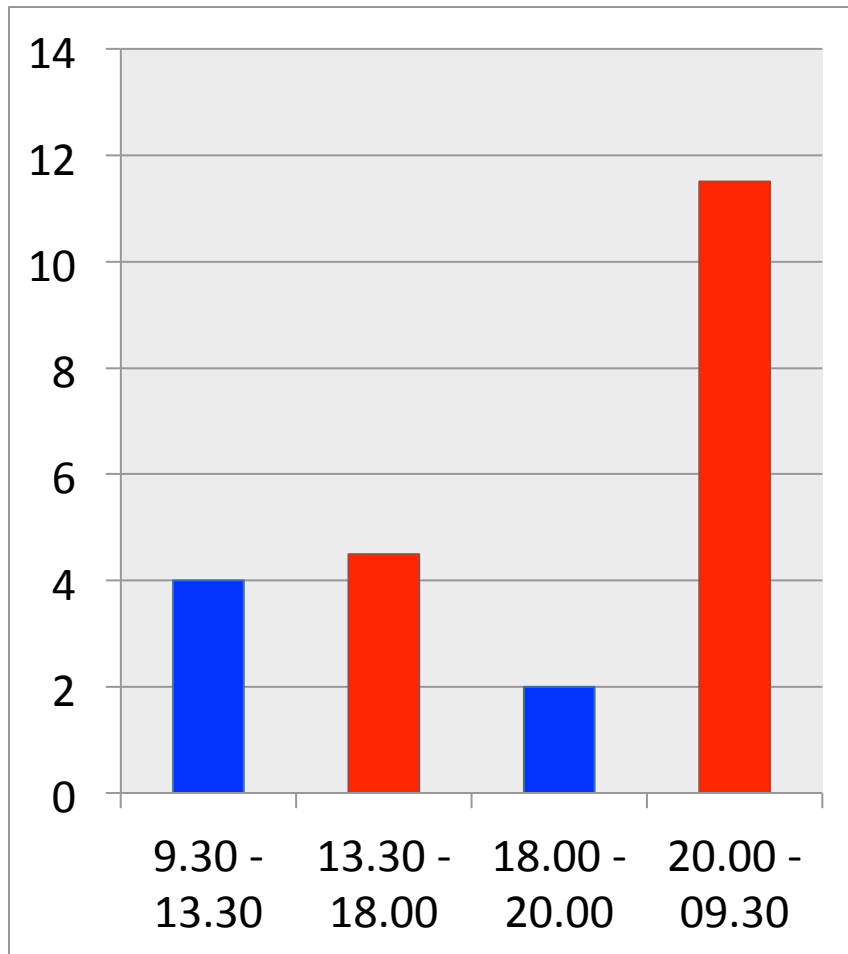
Engager, assister, motiver
personale/pårørende/andre

Lad dem være en del af processen

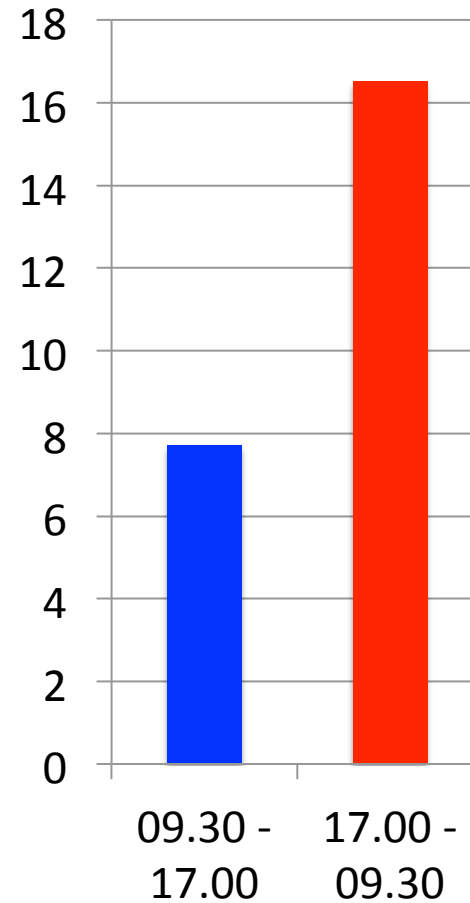
- diskuter fundene
- sæt fælles mål.



2013

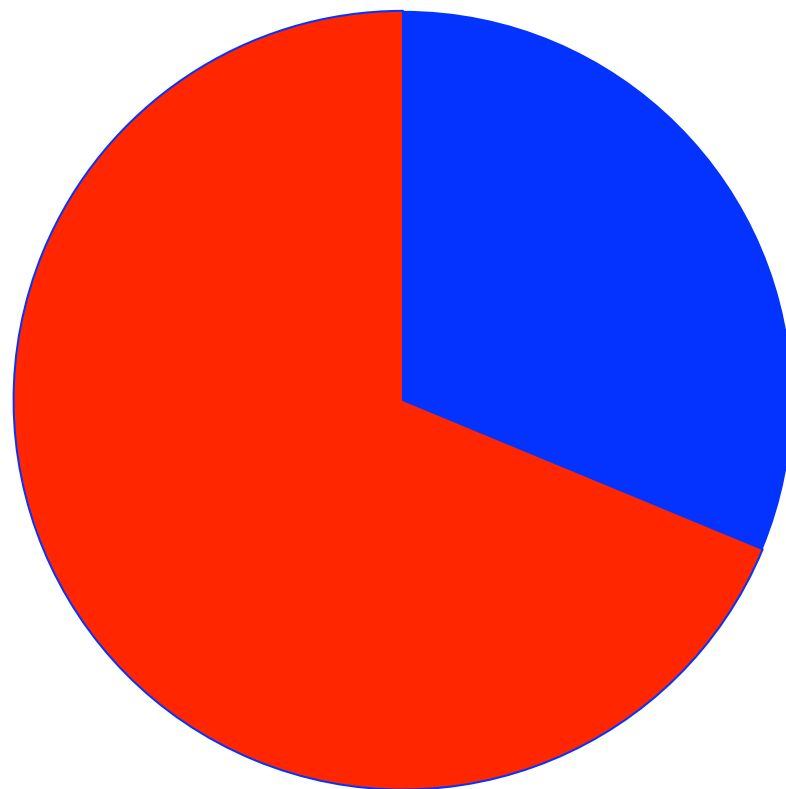
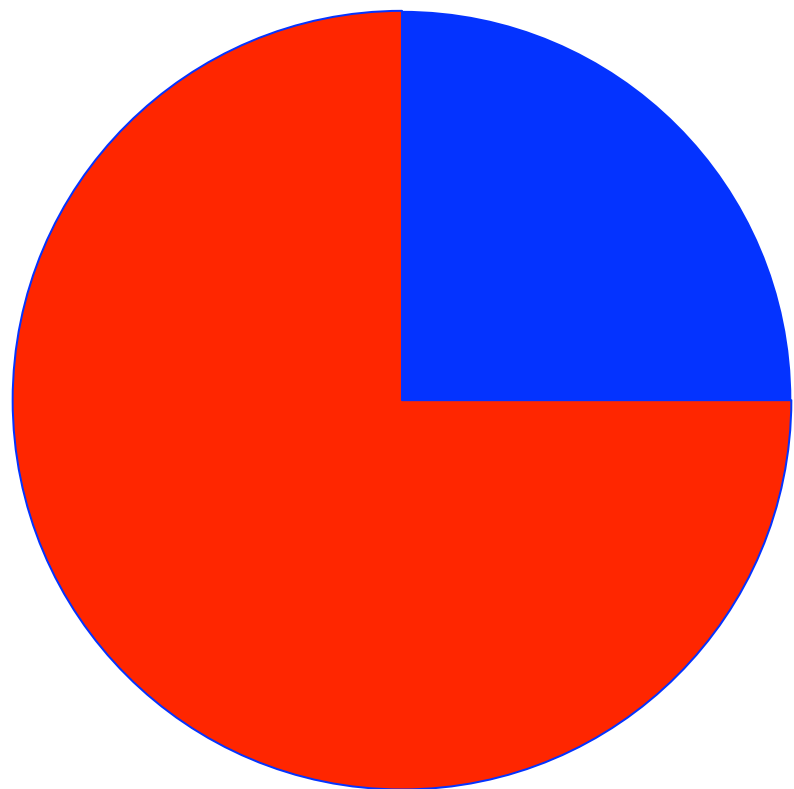


2015



2013

2015



Anbefaling

- Lav et 24 times skema.
- Evaluer både liggende & siddende stilling.
- Beslut hvor og hvordan I opnå det bedste resultat.
- Det får kun effekt, hvis plejen er/bliver involveret!!!