



# The Importance of Postural Management at home



# Introduction to Jenx

Over the years Jenx has become a widely respected family run company dedicated to developmental equipment for children. Every day we apply our expertise in paediatric therapy and innovative design to finding better ways to help children with special postural support needs. We believe in putting people first – whether it's customers, children or our own employees.

Our strong family values and company ethos helps us to build supportive and productive relationships with our customers, distributors and employees. All our products are made in Sheffield, England, to exacting safety standards. Our products are underpinned by years of experience and commitment to helping children and families achieve greater independence and freedom. All of this means that Jenx makes a real difference to lives, enabling children to experience a wider range of activities in comfort.

## What is Postural Management?

As a well respected and trusted specialist equipment manufacturer, along with supporting the professionals who prescribe our equipment, we feel it's equally important to provide knowledge and understanding of why there is a need for our specialist products, in order to support the families who use our equipment.

Postural Management is the holistic approach to managing the posture, movement and function of those who cannot do this by themselves, **24 hours a day, 7 days a week**. This can be achieved by use of equipment for...

### Seating



### Standing



### Sleeping



### Therapy



# Why is Postural Management important?

The biggest factor that impacts our posture throughout the day is gravity. Posture is the attitude and configuration of the body against the constant struggle from the force of gravity. This is why it is crucial to manage someone's posture over a 24 hour period as we are under the force of gravity continually.

There are so many benefits to good postural management in terms of health and mental wellbeing, but all of those benefits can be categorised into **3 main aims**;

**1**

**Increase  
function**

**2**

**Minimise  
damage**

**3**

**Reduce  
energy  
expenditure**

**Increase  
function**

Allowing a child to be as independent as possible, whilst allowing them to develop and enhance their motor skills.

**Minimise  
damage**

Without a robust postural management plan there are risks that the human body can deteriorate. The constant weight of gravity can deform the skeleton and impact on the elasticity of muscles.

**Reduce  
energy  
expenditure**

If a child is using a great deal of energy just to hold their sitting balance this can cause tiredness. Fatigue can dramatically disturb their ability to play, engage with education and work on their therapy goals. This is a balance between allowing a child to work and develop their muscles, but being supportive enough to allow this development.

# Why is it important to continue Postural Management at home?

With the current situation worldwide, it has completely disrupted everyone's normal routine. In this uncertain period it is important for the children using postural management equipment to continue to do so. Specialist postural equipment provides support to your child's postural needs, but it also assists important physical and cognitive development.

As we know that gravity is the main force to impact our posture, unfortunately we cannot escape it. That is why a 24 hour approach to postural management is so important, especially maintaining this under the current circumstances. Following the postural management plan set out by your therapy team in conjunction with the right piece of equipment can really have a positive effect on your child's happiness and comfort levels.

**There are many health benefits to maintaining postural management, including...**



## **Improved Respiration, Digestion and Circulation:**

Internal organs function much better if they are not compressed through poor posture. Changes in posture are a common part of daily movement and our bodies are designed to move to work most effectively.



## **Bowel and Bladder function:**

Constipation and discomfort has such an impact on our health and general mood. Adopting multiple positions throughout the day enables gravity to work in our favour, allowing postural drainage. This can also remove the need for laxative medication.



## **Increased Bone Strength:**

More weight bearing postures have been proven to increase bone mineral density in developing children.



## **Mental Health:**

A lot of children that are non-verbal rely upon eye contact to communicate. If a child is in a poor posture and their gaze is directed at the floor, it can completely cut them off from the rest of the world. Being able to engage and interact with peers and siblings is more stimulating and will aid in social development.