

Seating System Assessment



8 steps to review a paediatric seating system for fit

Seating systems are a vital part of 24 hour postural management programmes. They provide a stable and functional position for your child to access their surroundings and engage with everyday tasks. However, seating systems are only beneficial if they fit correctly.

Typically seats should be reviewed every 6 months to assess for changes in your child's size or shape. However differences to daily routine (such as being out of school) can increase the likelihood that body shape has changed and increase the frequency with which the seat should be reviewed. This worksheet outlines steps to review the seat with some common signs that your child has changed/grown and requires re-assessment by a seating specialist.



24 hour postural management is a means to protect body shape, prevent or alleviate pain and enhance function through optimum positioning and equipment.

8. Finally, back to my face, is my head positioned centrally on the head support? If the laterals are too low my head and trunk may fall to the side making it difficult to sit up.

1. Look at my face. Do I seem comfortable and relaxed or am I not my usual self?

7. Feel the space around my lateral and pelvic supports – if you can't get your hand in easily with my normal clothing then I've probably changed shape or grown and need reassessed.

6. Feel underneath the front of my thighs. Am I bearing weight here? This is important. If it is easy to get your hands between my thighs and cushion then my lower legs have grown and my footplates needs adjusted to improve the pressure distribution.



2. Next, is my bottom snug against the backrest with my trunk upright? Sliding forward could mean that I've changed shape or the belt has loosened. Re-adjust my position if necessary.

3. Now check my belt - it should be firmly attached over the top of my thighs with space for one finger to fit underneath. If too loose/tight I may need reassessed.

4. Feel under my bottom and thighs, am I bearing weight equally under each side? The weight should be equal unless I have an underlying asymmetry.

5. Next how much space is there behind my knees (between the front edge of the cushion and my calves)? If there is more than 2 fingers width my legs have grown and my seat should be re-adjusted.

Note every child and every set-up is unique. This is generic information and does not apply to moulded/contoured seating or asymmetric set-ups. For help or advice email clinical@leckey.com