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**Posture, Seating and Wheelchair Skills course**

A two day course for professionals involved in assessing, prescribing and providing

 seating for adult manual wheelchair users.

Provisional Programme

**Friday 17 June**

8.30-9.00 Registration

9.00- 9.15 Housekeeping and introductions

9.15 -10.45 Nuts and bolts of manual wheelchair ergonomics

10.45-11.00 Coffee Break

11.00-11.45 Preservation of the upper limb – an overview of current evidence

11.45-12.30 Principles of posture

12.30 -13.15 Lunch break

13.15 -14.00 Principles of cushion selection

14.00 -15.00 Principles of 24hr positioning (the theory)

* + - 1. Tea break

15.20 -16.50 Matching findings to solutions – group work with case studies

16.50 -17.00 Final questions and close

**Saturday 18 June**

* + - 1. “Spot the features”

 What can this wheelchair do for you? (Practical)

* + - 1. Coffee break

10.45-12.00 Physical assessment of posture: habitual, supine, corrected

* + - * Demonstration of assessment
			* Wheelchair alterations

12.00- 12.45 Sleeping positions as part of 24hr positioning

12.45-13.30 Lunch

13.30-14.00 Assisted accessories for manual wheelchairs.

Practical session. Group divides into 2. Both groups will cover same practical sessions. Sessions led by wheelchair skills trainers.

14.00-14.45 and 14.45 - 15.30

 1. Car Transfers and then Wheelchairs skills training

 2. Wheelchair skills training and then car transfers

15.30-15.45 Tea break in the Gym

15.45-16.45 Advanced wheelchair skills:

 demonstration / practical optional

16.45-17.00 Final questions and close