

Title of Workshop:

Sitting Posture and Cushion Technology- Past, Present, and Future

Abstract:

This workshop is designed to improve the knowledge of students and professionals to address the needs of people who have severe difficulties in sitting upright and moving around and also having poor postural control. Without the right wheelchair, right seating, and postural support solutions, people with mobility disabilities across India are left isolated socially and economically, with little or no access to healthcare, education, or employment and unable to participate in political, social, and family life. This leaves them amongst the poorest of the poor, invisible and isolated and vulnerable to secondary life-threatening health conditions. This situation is also compounded by the fact that discrimination and stigma remain endemic, which leads to further marginalization and exclusion.

Special element of this workshop is to focus on importance of cushion in the wheelchair and seating devices for people with disabilities. It is extended to discuss on past and present practices envision future need for technology and new development in this area.

Audience: Beginners / Intermediate

- Rehabilitation professionals/ final year students/ interns- Physical therapist, Occupational Therapist, Prosthetist and Orthotist
- Wheelchair technicians
- Wheelchair Manufacturers
- Rehabilitation Engineers/ final year students/ interns
- Engineers interested and having knowledge on wheelchairs and disability

Prerequisites:

Participants having knowledge on disability and wheelchairs is beneficial

Workshop flow

The structure includes power points presentation, group activities to set up a wheelchair cushion, mobility skills with relevance to cushion, case scenarios and discussion



Takeaways/Outcome:

At the end of the session, participants would be

- able to understand importance of right sitting posture and need for a cushion
- able to identify different types of cushions needed for people with disabilities
- able to learn current best practices and gaps in cushion provision and usage in wheelchair

- able to analyse the future need for development focusing on less resourced setting

Presentation Time: Half-day- 3 hours

Workshop size: 20- 30 people

Logistics:

- Infrastructure required:
 - A Spacious training hall to accommodate participant
 - Chairs and table for participants
 - 3 Table for laptop and cushion materials
 - Projector, Display screen, White board, markers, mic and speaker, AV for video, pointer
- Materials
 - Bonded foam 50mm thick 4 X6 sheet- 1 Nos
 - Bonded Foam 25 mm Thick 4X6 sheet- 2 Nos
 - Hacksaw blade- 10 nos
 - Motivation wheelchairs and other wheelchairs- 5 Nos
 - Wheelchair tools spanner, Allen key and pump
 - Cushion models

Facilitators Profile:

Facilitator 1- Sudhakar Govindasamy, Physiotherapist, 14 years

- o South Asia Regional Manager Training and Programme Quality @ Motivation India
- o ISWP, USA Certified Trainer @ Basic, Intermediate and TOT
- o Membership- Indian Association of Physiotherapist, Rehabilitation Engineering Society of North America (RESNA), India Association of Cerebral Palsy, ISWP integration subcommittee, USA



Facilitator 2- Praveen Kumar Reddy, Physiotherapist, 13 years

- o Head, Business Development and Partnerships @ Motivation Direct India Private Limited
- o ISWP, USA Certified Trainer @ Basic, Intermediate and TOT
- o Membership- Indian Association of Physiotherapist, Postural and Mobility Group, UK, ISWP integration subcommittee, USA, Diversability Disability Organization, Canada



References

- o World Health Organization Wheelchair Service Training Package Reference Manual for Participants, Basic, Intermediate Level, 2013
- o Seating and wheeled mobility, A clinical resource guide
- o Special seating, an illustrated guide
- o Severe and Complex Neurological Disability: Management of the Physical Condition 1st Edition by Pauline M Pope FCSP MSc SRP