



## Therapy and positioning guide

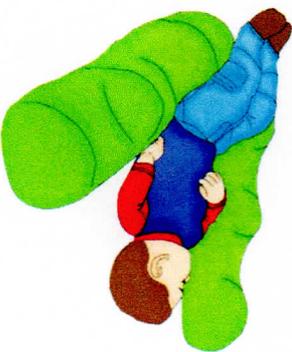
**With Nessie in place at floor level children can be positioned for therapy and play.**

- Adjustment to the width of Nessie can be done by simply moving Nessie's 'arms' until the required position is achieved
- Children can be placed securely into many positions along Nessie's profiled contours. The most common positions are shown below:

### Position 1

**Supine 'Lying on your back'**

- Placing children into Supine is the most stable position.
- Supine position supports physical development through strengthening neck, tummy, shoulder and hip flexors as children have to lift head, arms and legs up against gravity.
- The hips in flexion reduces the chance of extensor thrust.
- Supports sensory development as this is the position in which it is easiest for children to focus their eyes.
- Encourages hand / feet exploration and hands to mid line.



### Position 2

**Prone 'Tummy time'**

- Tummy Time supports physical development by strengthening neck, shoulders, arms and back, and is an important foundation for the transition to sitting via side lying / side sitting.
- Is the precursor for rolling, and is a position supported by all child development workers. e.g. health visitors and physiotherapists.



### Position 3

**Long sitting**

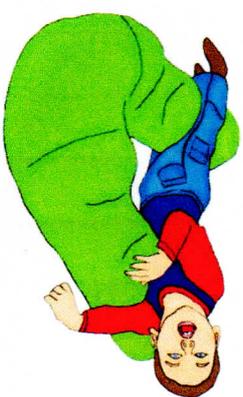
- Important part of child development, encouraging head control, hands to midline and reaching for toys.
- Nessie's unique 'bumps' encourage transverse weight bearing through arms and shoulders.



### Position 4

**Side lying**

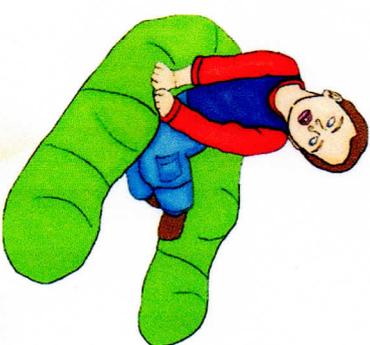
- Encourages hands together, and lifting head against gravity.
- Beginning of pushing up into sitting.
- Nessie's arm between child's legs reduces crossing over of legs 'adductor tightness'.



### Position 5

**Side sitting**

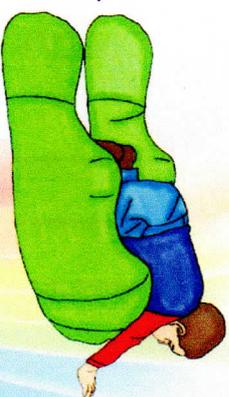
- Follows on from Side Lying.
- Improves shoulder girdle development.
- Encourages child to 'cross midline' i.e., twist around.



### Position 6

**Crawling 'On all 4's'**

- Crawling Position supports physical development because children are supporting their body weight against gravity, strengthening muscles which may be used for movement later on.
- Encourages development of shoulder and pelvic girdle and hip joint development.



### Position 7

**Sitting 'Straddle' or horse riding position**

- Supports cognitive development by introducing a lordosis.
- Supports sensory development as hands are free and able to play.
- This position encourages a lordosis, and weight bearing through feet, knees and hips.

This is the most demanding position and may need support at pelvis from therapist / family.

