

What is 24-hour postural care?

24-hour postural care is a therapeutic & preventative approach which considers body positions over a 24-hour period, to maximize function and decrease body distortion in people with movement disorders.

24-Hour Postural Care provides consultation on:

Analyzing posture across a 24-hour period.

Assessing body symmetry and other outcomes measures such as pain levels and quality and quantity of sleep.

Trialing, ordering, fitting a sleep system, if needed.

Assessing positioning in other equipment throughout the day.

Identifying the positioning goals for each activity within a 24-hour period.

24-hour Postural Care services are free of charge to early intervention providers around Vermont.

How does 24-Hour Postural Care work?

We identify those in need of 24-hour postural care by discussions with and training of local providers. Our process starts with a routines-based intake meeting to better define the needs of the individual team and family.

We support teams to learn to measure body symmetry and other outcome measures such as pain levels and quality and quantity of sleep through modeling, coaching and training.

We provide consultation to teams to trial sleep systems and other positioning equipment.

We train teams and families in use of new equipment.



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Nationally renowned early intervention consultant Pamela Cummings provides consultation and training for providers across Vermont who work with children and young adults with movement disorders.

24-Hour Postural Care can help to mitigate the negative impact of gravity on body shape, decrease pain, improve sleep, improve sitting posture and daytime function, increase ease of physical care, and improve digestion, respiration, and toileting.

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