Solution Focused Task Oriented Movement Therapy Guidelines

Pam Versfeld pam@skillsforaction.com

Sitting with hip level support

Typically developing infants first learn to sit independently when placed in sitting on a flat surface by leaning forwards and propping on the upper extremities. From this position they will bring the trunk erects for short periods of time before topping over to the side or backwards.

Over the next few weeks infants usually learn to maintain the trunk erect as they explore different options for maintaining their balance, and start to look around and reach for interesting objects.

Infants with developmental delay may need practice at maintaining the trunk erect and balanced. Providing external support at the level of the pelvis allows the infant to start maintaining an upright and steady trunk when moving the head and reaching in different directions.

Using fixed hip-level external support to stabilise pelvis

Let the infant sit on a flat surface with with their back facing a fixed upright surface.

Position a firm flat 10-15 cm high cushion or box on either side, with the length of the cushion against the buttocks and thigh.

Position the cushions so that the hips are in 10-20 degrees abduction and the knees flexed to a few degrees.

Engaging the infant's attention

When an infant is alert and interested in engaging with the environment the postural system is primed to provide the sustained muscle effort to keep the head and trunk erect and steady.

It is therefore important when assessing sitting that you provide an environment that is tuned to the infant's interest and takes into account their approach-avoidance behaviour and willingness to take on new challenges.

You may need to spend time to figure out the best ways to engage the infant using social games and a selection of different toys to elicit reaching behaviour.

Posture and stability

With hip level lateral support the infant is able to:	Yes	Not yet	Adapt
Sit erect for 30-60s.			Raise the height of the side cushions. Engage infant's attention.
Move the head to look to the left and right.			
Move the head to look up and down.			
Hold and manipulate small toys with one or both hands.			
Lift hand to face. Right Left			
Lift hand high up. Right Left			

Sits erect – may use hands for support

Turns head to look to left and right

Looks up and looks down

Brings hands to mouth and head

Holds toy with one or both hands

Lifts both hands high up

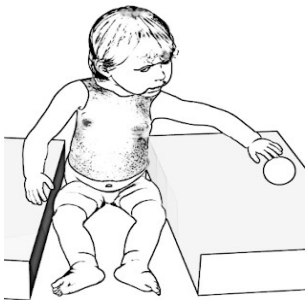
Reaches for toys

With hip level lateral support the infant is able to:	**Yes**	**Not yet**	**Adapt**
Prop on one hand to help stabilise the trunk.			Move the toy closer. Try different toys – find one that infant really likes.
Reach forward for a toy placed between lower extremities (legs).			
Reach for a toy on the raised surface of side-block. Right Left			
Lifts hand up to shoulder height to take toy. Right Left			

 Reaches forwards to a toy on floor and comes erect again.	 Reaches to a toy on side-block	 Reaches up high for a toy.

Reaches for toys further than arms-length

With hip level lateral support the infant is able to:	**Yes**	**Not yet**	**Adapt**
Reach forwards to play with feet and come erect again. May prop on one hand.			
Reach forwards and up with two hands.			
Reach for toy on raised surface further than arms-reach.			
Lift hand high and reach for toy further than arms-length			
Prop on one hand and reach across the body.			

 Reaches for feet and comes up straight again	 Reaches to side for a toy further than arms-length	 Lifts arm high and reaches far to side
 Reaches forwards with both hands for a toy.	 Props on one hand and reaches across body with the other hand	