Osteopathic Solutions

3 Hour Paediatric Handling Practical Skills Course

9.00 – 9.05 Anatomy of the Spine – Muscles/ Ligaments/ Joints/ Discs

9.05 – 9.10 Postural Awareness* & Spinal Movements
* Discussion related with changing child's clothes, feeding whilst seated etc.

9.10 – 9.50 Practical Demonstrations & Group Practical

- Semi & Full Squat Lifting & Lowering (Inanimate Loads & Children)
- Lunge Lifting & Lowering (Inanimate Loads & Children)
- Handling Children from & into cars
- Carrying Loads (Inanimate Loads & Children)
- Pushing & Pulling Wheelchairs & Pushchairs
- Handling Wheelchairs up & down ramps & curbs

9.50 – 10.30 Practical Demonstrations & Group Practical

- Sitting to Standing from chair
- Use of Paediatric Handling Belts
- Standing Hoist (Sitting to Sitting transfer)
- Standing Hoist & changing Child's nappy
- Standing to Sitting
- Assisted Walking (1 & 2 Handlers)
- Moving forward & back in the chair
- Wheelchair to Chair using Transfer Board
- Falling/ Fallen Children
- Sitting from supine on the floor

10.30 – 12.00 Practical Demonstrations & Group Practical

- Use of Changing Plinths
- Rolling children from supine to side lying
- Positioning of Flat Sheets & Roller Sheets (rolling)
- Positioning of Flat Sheets (Unravelling technique)
- Turning child on side using Flat Sheets
- Principles of Hoisting (Mobile Hoists, Ceiling Track Hoists)
- Selection & use of Paediatric Slings
- Fitting a sling on child lying on a changing plinth (rolling both ways)
- Fitting a sling on child lying on a changing plinth (rolling one way - Origami Technique)
- Fitting a sling between 2 flat sheets
- Fitting a sling using a Roller sheet
- Pushing & Pulling Mobile Hoists
- Hoisting child from a changing plinth to a chair
- Fitting a sling under child sitting in a chair*
  (* Fitting a sling under a child in a moulded wheelchair can be covered)
- Positioning of Flat Sheets on floor
- Moving child on floor from a confined space using Flat Sheets
- Hoisting from floor to chair