



NIGHT TIME POSITIONING ↑
JANUARY 1997
PRONE OVER WEDGE



PRIOR TO ORO



WOODLANDS OCCUPATIONAL THERAPY CENTRE

ORCHARD HILL

3-4 Farm Lane
Fountain Drive
Carshalton
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Ms B

Ms B is a lady in her thirties with a pronounced Kyphoscoliosis and other disabilities. In the past she has used a high/low bed with a Spenco Mattress and various pillows to encourage her to remain in side lying. She was often very hot and appeared to be uncomfortable after a short time, becoming very tense around her neck and shoulders.

In order to limit the progression of her Kyphoscoliosis and stretch her spine and limbs, Ms B spends time in prone kneeling over a wedge. We hoped to replicate this stretched position on her side in bed but had been unsuccessful.

With the introduction of the Oro sleep mattress, and powered controlled bed Ms B has been able to maintain a stretched out side lying position for up to 2 hours. While not quite as effective as prone kneeling (which she still does every day) it is a big improvement on her former night time position. The recess allows her shoulder to drop down and the muscles around her neck and shoulders relax. This improved relaxation encourages Ms B to remain in a stretched position rather than curl up.

It has been noted that she sleeps well, is comfortable temperature and maintains better position during the night.

She is turned every two hours.

Julia Hancock
Head Occupational Therapist