



## Short Case Study: S.C

S.C is in his 70s and has Parkinson's Disease.

He has very limited mobility, only a very little in his upper body, and also has the common symptom of rigidity. He regularly has significant spasms. He is hoisted for transfers.

He could benefit from having a full postural support system in bed, which is where he is spending the large majority of his time.

However, S.C has 2 Carers attend twice each day for a short, timed, period and there were 2 immediate challenges that needed to be addressed, ahead of considering a full postural support system:

1. Personal Care had become tremendously difficult.
2. Being able to have some time sitting out in his Specialist Chair.

Therefore, we had to ensure these priorities were addressed during the initial assessment.

### **Presentation:**

Pelvic Obliquity and Pelvic Rotation

URH Chest Rotation, leaning to his right hand side as he struggled to balance without support. Signs of spinal deviation.

Early signs of Left Hip Subluxation

Contracture and Internal Rotation of left leg.

Contracture in right leg.

Both legs were very tight towards each other and the left leg was actually moving underneath the right leg.

Tissue damage in lower back and hip have now healed—but still a significant risk.



The new, innovative, CozyZone leg support was placed under his knees.

The leg support has a new CozyTherm PU square cushion inside a very soft outer cover.

The cushion is made from CozyTherm PU — Ensuring ACTIVE Temperature Management at the Skin's surface. Inside the cushion is fragmented memory foam, excellent for dynamic therapy and to encourage a managed stretch.

The fragmented foam can be removed or added to achieve the desired flexion at the knees and hips to ensure the spine comes in contact with the supporting surface of the bed.

We were able to get the required flexion and give S.C time to relax into this new support.



Gradually, S.C relaxed and his tone lowered sufficiently so that we could apply the central foam support and the side straps.

The central foam support, as with the square cushion, can have foam removed or added to achieve the desired adduction or abduction.

The side straps help with leg alignment and prevent external rotation.

As you can see from the pictures, initially, due to S.C's tone we could only achieve very limited access to the area between his knees — see ↔

We gave S.C more time to relax.....



After just a short amount of time, S.C started to relax.

Picture 1 shows our starting point.

Picture 2 shows how S.C started to relax, however, still with internal rotation of the left leg, his right leg still presented as being tense and some pelvic obliquity and rotation.

Picture 3 is in full relaxation after 30 minutes with excellent leg alignment, tone much lower and better pelvic positioning.

**Picture 1**



**Picture 2**



**Picture 3**



This therapy was completed in the morning, soon after S.C's Carers had come to dress him.

After around 50 minutes, it was time for S.C to go into his chair, so we removed the CozyZone Leg Support.

Due to this therapeutic input, S.C presented as being much more relaxed, his toned had reduced and he was able to adopt an improved position for some time after removing the leg support.

S.C will gradually have this CozyZone leg support introduced and build up to using it through the night.

We have agreed to return soon to review and, potentially, introduce more of the CozyZone sleep system to address upper body positioning.

As a Pioneer in Postural Care told me, over 20 years ago, 'Doing something is better than doing nothing' and always introduce new interventions gently and aligned to everyone's expectations.



## Questions:

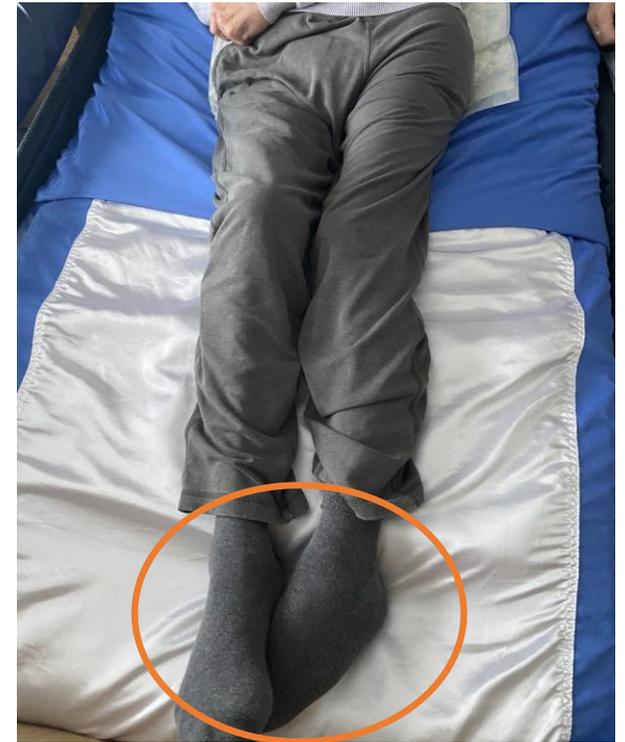
- Will Carers now be able to better attend to his personal care?
- Will he be easier to seat?

These were the objectives, but think what else we have achieved...

- Reduced tone?
- Easier to perform hoist transfers?
- Better positioning in seating? — look at his feet....
- Easier care for Carers?
- S.C comfortable and happier?

I'm sure there are plenty more that you can think of.....

His wife was thrilled, with a tear in her eyes, exclaiming: 'It has been a long time since I have seen him like that. We can now properly wash him!'





To find out more or book an assessment, please do not hesitate in contacting us:

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