



This brochure aims to help people with a history of Polio understand the importance of Posture and Seating and promote the services available at Polio Services Victoria.



- There are lots of activities we do when sitting like eating, resting, driving, watching TV, reading, and even getting on or off toilet!
- What we sit on and how we sit changes the way we can do the activities we enjoy. How long we can sit comfortably to do the activity, what muscles we are using to stay upright, and how we are able to reach and pick up things we need.
- Poor sitting posture or sitting in a chair that is not suited to us can:
 - Cause pain and discomfort
 - Change the way our joints are structured and make movements difficult
 - Cause us to feel tired and not have enough energy to do things we want or need to do.

- Do you spend most of the time sitting?
- Do you feel uncomfortable sitting and it is bothering you?



- Muscle and joint pain at back, hips, neck, shoulders.
- Fatigue
- Muscle weakness
- Pressure injuries
- Curvature of spine (scoliosis, kyphosis)
- Breathing difficulties
- Swallowing difficulties
- Muscle tightness
- Muscle spasm
(Involuntary muscle movement)
- Numbness, pins and needles

- Seating assessment
- Posture management
- Fatigue and pain management
- Gait and Balance
- Equipment assessment and education
- Hydrotherapy group
- Gym group
- Individual allied health sessions

Contact Polio Services
Victoria on: 1800 030 324

For further information:
<https://www.svhm.org.au>