Postural Control – is it really all about balance?

Jacqui Ancliffe
Specialist Neurological Physiotherapist
Royal Perth Hospital

Content
- What is postural control
- Why it’s so important & what to look for
- The mechanism of balance & postural control
- Some measures
- What to look for in stroke

What is postural control?
- It is the basis on which functional movement is achieved.
- It is active in all positions (supine, sitting, standing)
- It incorporates both motor and sensory systems as well as autonomic and reflexive responses.
Practical Measures

- Chedoke-McMaster stroke Assessment – Postural control
- Trunk control test
- Trunk impairment scale
- Berg Balance Scale / Timed Up and Go

- See reading list for more information
Some Tips on Balance Ax

Ax:
- Functional reach
- Turning
- Feet together / Feet together & Eyes closed
- Stand / Walk heel to toe
- Single Leg Standing
- Braiding (cross leg walking)
- Time tests and record in medical record

Berg Balance Scale

Good for the elderly
Can predict ambulation status

<table>
<thead>
<tr>
<th>Indoors</th>
<th>No walking aid</th>
<th>49.6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canes/Stick</td>
<td>45.3</td>
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<tr>
<td>Walkers/Frames</td>
<td>33.1</td>
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</tr>
<tr>
<td>Outdoors</td>
<td>Cane/Stick</td>
<td>48.3</td>
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Impact on function in stroke

- The following examples demonstrate the impact that a lack of postural control has on ability to carry out every day tasks.
- Identify a functional task that each of the following patients would find challenging
Primary aims of Intervention

- Restore sitting balance 24%
- Restore standing balance 34%
- Restore stepping & walking 39%

19% patients from acute care facilities
72% patients from rehabilitation facilities

Tyson et al., Disability and rehabilitation, 2009;31(18):1494-1500

Secondary aims of Intervention

- Optimise alignment & postural adjustment 46%
- Regain selective movement 41%
- Practice a functional task 30%
- Normalise tone 22%
- Prevent complications 11%

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