

Antelope Valley Union High School District Mealtime Body Alignment

Position the student using a firm, slow touch as the mouth and face are sensitive areas. Alignment for must be individualized in order to meet the needs of each student.

Before Starting...

1. **Pelvis.** Align and stabilize the pelvis. (Anterior pelvic tilt, derotated, and level). **Trunk.** Elongate the trunk by using positioning equipment properly.

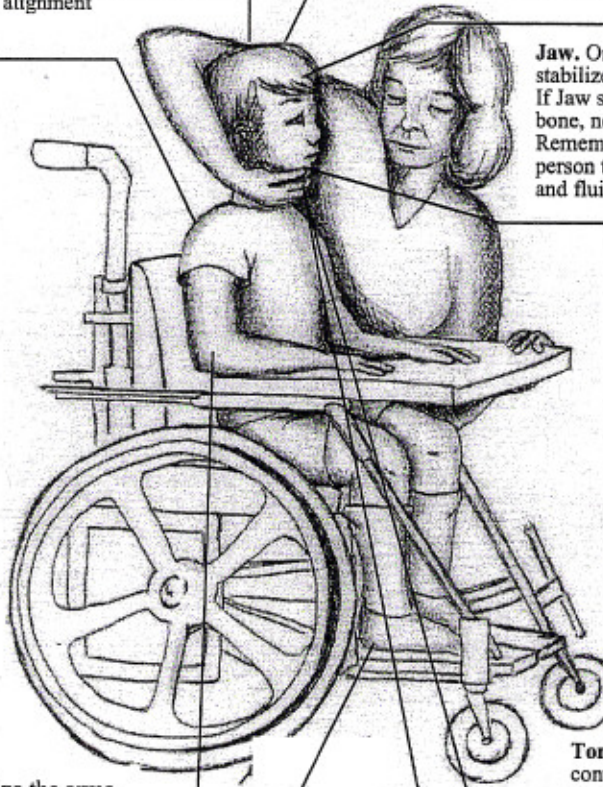
2. **Shoulders.** Align the person's shoulders by using pillows, wedges, rolls, or sidelying equipment. You may need to provide additional support across the person's shoulders to maintain alignment

While Eating...

Position. Throughout the mealtime continue to recheck/monitor the alignment of the pelvis, trunk, shoulders, arms and feet, adjusting as needed.

Head. Support the head with your whole arm and hand or by using, rolls, or a headrest. Use your shoulders or equipment to help tilt the head slightly forward. Avoid hyperextension of the neck.

Jaw. Once the head is aligned, the jaw should stabilize. Provide support for best alignment. If Jaw support is needed, support the jaw bone, not the fleshy part under the chin. Remember to control the support to allow the person to open his or her mouth for the food and fluid or to breathe.



3. **Arms.** Support and stabilize the arms.

4. **Feet.** Make sure the feet are supported.

Tongue. Alignment—Assist with tongue control by maintaining alignment of the trunk and head and by providing support for the jaw and lips.
Movement—Help control tongue movement by placement of the food/fluid and how much is presented for each bite/sip

Lips. Swallowing is best with lips closed. Provide lip support as directed.