



South West Yorkshire Partnership NHS Foundation Trust
Barnsley Children's Therapy Services

Movin' Sit Junior Cushion



Name:

NHS Number:

The Movin' Sit Junior cushion helps children to develop a correct and healthy posture. It is good for children who tend to slump in their chairs due to poor body awareness or low muscle tone in their trunk.

It provides a less stable sitting surface which means the body has to make continuous small movements to correct balance. These movements use and strengthen the deep core stability muscles which provide postural support to the body and can also help to improve concentration.

It can be purchased from the following companies:

www.amazon.co.uk

www.backinaction.co.uk

www.completecareshop.co.uk

(Other companies supply similar or the same product. It is therefore recommended that you research the product yourself.)

Contact Childrens Therapy if further advice or information is required
01226 644396