

A physiotherapist in a black t-shirt is assisting a patient in a seated position on a green and yellow mat. The patient is wearing a black t-shirt and is performing a seated exercise. The background shows a gym or studio setting with a window and some equipment.

Posture and Spatial Awareness. How do these affect my potential to improve further?

By Physiotherapist Jing Tap

Founder of The Rehab Studio



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Physiotherapist / Founder of The Rehab Studio

- Honors Degree in Bachelor of Science in Physiotherapy from SIT TCD
- 7 years of experience in St Luke's Hospital
- Certified in Neuro-Developmental Treatment in the Management of Adults with Stroke and Brain Injury
- Special interest in Neuro Conditions. Stroke, Parkinson's Disease, Spinal Cord Injury, Electrical Stimulation and Elderly Rehab.

The Rehab Studio

- Founded in March 2020, mainly provides home and onsite therapy
- Accessible rehabilitation service, especially those with transportation issue
- Integration of rehabilitation into daily life, living environment , community and work place

Outline

1. Introduction
2. Ownership of Your Own Health
3. Stroke Rehab Journey in Singapore
4. What is posture and spatial awareness?

Ownership of Your Own Health

- The sense of being responsible to your own health.
- Start to learn more about your own medical condition, and what is happening to your health.

Stroke

- What deficits I have? Example: sensation? Balance? Coordination? Shortened muscles? Posture and spatial awareness (today's topic)?
- Start to make decision on your rehabilitation, explore functional and relevant goals with your therapist.
- Home exercises and incorporate rehabilitation into daily task.

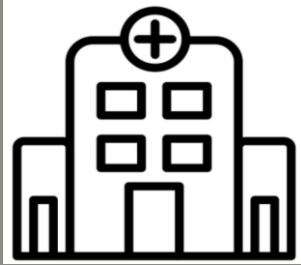
Stroke Rehab Journey in Singapore

Golden Recovery Period of 3
to 6 months Post-Stroke?

True or False?

Stroke Rehab Journey in Singapore

In-patient / Hospital



- Intensive rehab up to 2 times a day
- Busy but well scheduled routine

- Main decision maker: Therapists

Out-patient / Day Rehab



- 1 to 3 times a week
- More “free time” now
- Start to adapt to home and community environment

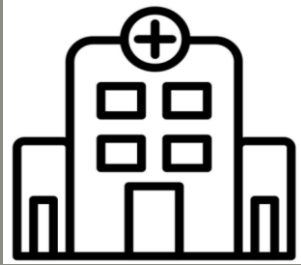
- Main decision maker: Therapists + Patients



Increasing Ownership of Your Own Health

Stroke Rehab Journey in Singapore

In-patient / Hospital



- Intensive rehab up to 2 times a day
- Busy but well scheduled routine

- Main decision maker: Therapists

Out-patient / Day Rehab



- 1 to 3 times a week
- More “free time” now
- Start to adapt to home and community environment

- Main decision maker: Therapists + Patients

Living Environment
Home / Community



- 1 to 3 times a week with therapist
- Everyday by yourself or family members or helper
- Incorporate rehab into daily activities

- Main decision maker: Patients
- **Therapist: Facilitator**

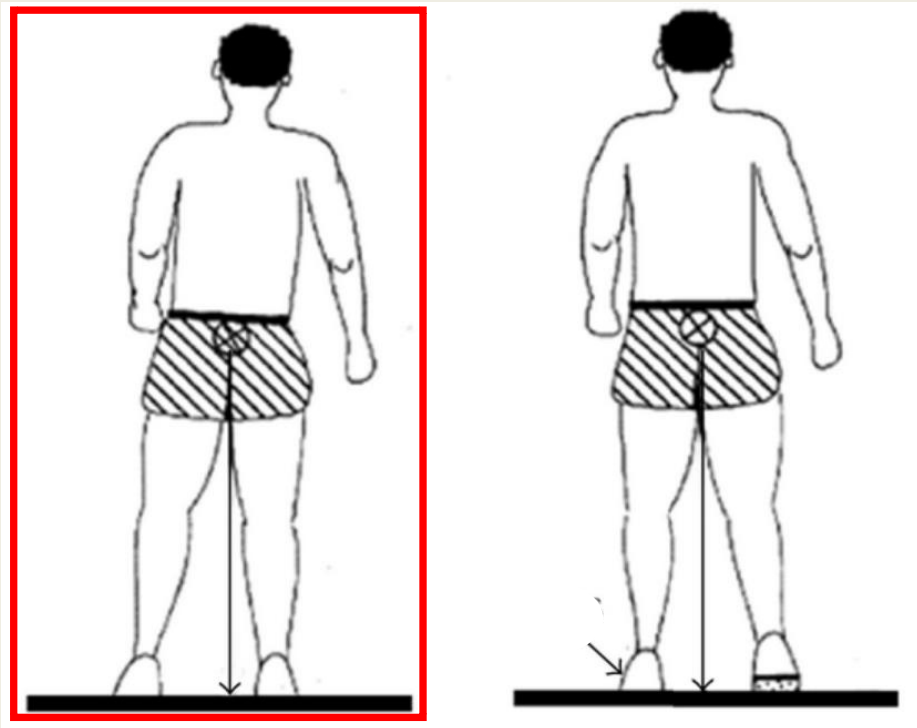
Increasing Ownership of Your Own Health

Any question?

What is Posture and Spatial Awareness?

What is posture awareness?

- **Posture awareness** is the conscious awareness of the alignment of body parts in relationship to one another, and is influenced by each of the body's joints.



Do you know that you always stand on your right side?

Do you know that you always tilt your head when you talk to me?

What is spatial awareness?

- **Spatial awareness** is the conscious awareness of the body in relation to the surrounding, in both moving and not moving states.



Are you able to reach to the cup without looking?

Are you able to walk and talk at the same times?

Who will have problems
with posture and
spatial awareness
problem?

Caused by Stroke	Caused by Habits
<ul style="list-style-type: none">• Impaired sensation,• Visual impairment,• Neglect,• Pusher syndrome,• Coordination problem,• Stroke affecting balancing area	<ul style="list-style-type: none">• Over reliant on walking aids• Fear of falling• Simple does not aware of these terms• Environmental set up• Pick up wrong exercises
<p>Need more effort to train, and improve.</p>	<p>Time-based. The earlier you correct these habits, the easier to improve.</p>

You don't need to "correct" these habits
in one shot.

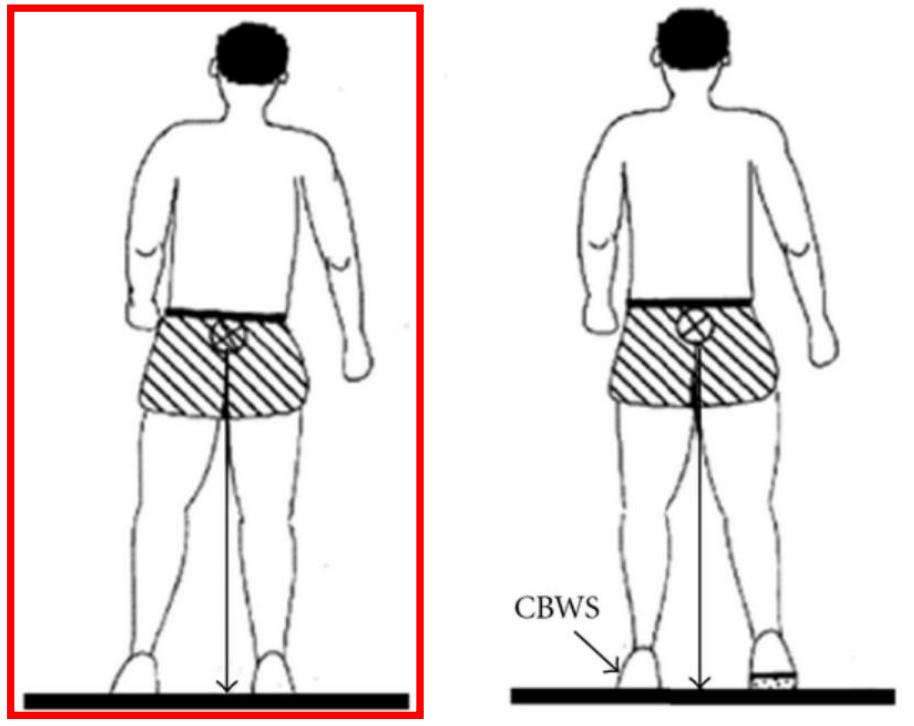
What important is that you are "aware"
of these habits, and start to take action
on them slowly, even if it take years!

You won't improve, if you do not know
what to improve.

Why are posture
and spatial
awareness so
important?

1

They are the factors that determine your rehab potential!



Affected Leg

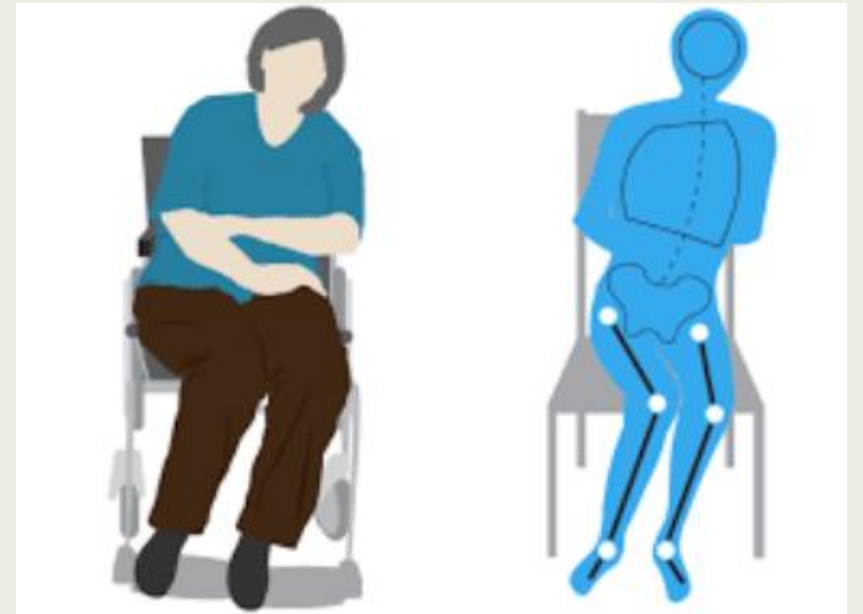


Non Affected Leg



2

They are the foundation of integrating rehabilitation into your daily task!



3

Poor posture and spatial awareness increases your fall risk!



4

Poor posture and spatial awareness can lead to joints point, back pain, or muscles pain!



Exercise Time!!!

Disclaimer

- I'm not your physiotherapist, and I have not done any assessments on you.
- So all my advice here are not personalized to you but more of a general advice that come from my experience.
- If you are not confident in performing any of these exercises, please do not attempt.
- If you are in doubts, please do not perform any of these exercises.
- You can discuss with your therapist, and suggest if they can try it out with you.
- I, as well as SNSA, do not hold any responsibility for any injuries that result from trying out these exercises.

Home exercises to increase posture awareness

Exercise 1:

Equipment:

Mirror or Someone else that can feedback to you.

Step:

Sitting and consciously pay attention to your body alignment.

Integrate into daily task, like watching TV, eating, brushing teeth and so on.

Exercise 2:

Exercises to improve sensation

- <https://www.therehabstudio.sg/post/proprioception-deficit-a-potential-missing-piece-in-your-rehabilitation>

Thank you!

- Question and Answer

Website: www.therehabstudio.sg

Contact: 88920350