

Seated Positioning Guidelines for Students

Body Part	Best Position
Hips and Pelvis	90° angle positioned as far back in the seat as the child can tolerate; a hip strap may be necessary
Trunk	Upright and symmetrical in midline
Shoulders	Back and down; shoulder support may be needed
Head and Neck	Symmetrical, in midline, upright with chin slightly tucked, neck elongated; avoid hypertension of head and neck
Legs	Knees at 90° (right angle) and slightly apart
Feet	Flat on floor or on a secure base support; ankle at 90°; strap may be needed
Arms	Forward and down, resting on tray or table; elbows at 90°