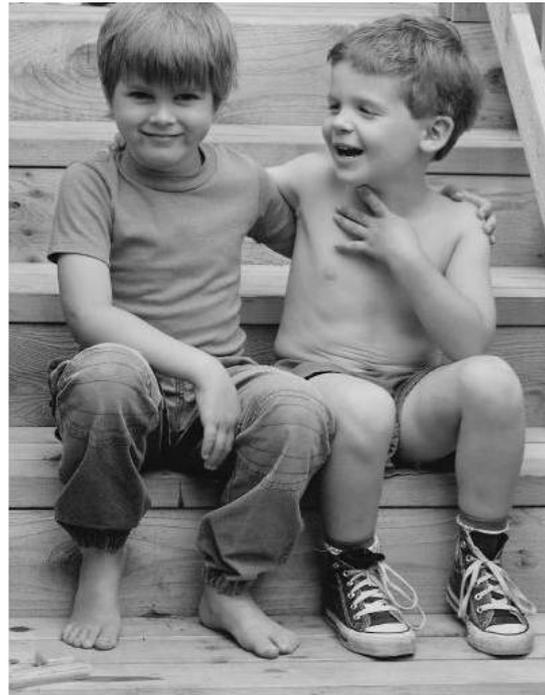


An online educational resource for learning how to use the Level of Sitting Scale to classify the sitting ability of children and youth



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Sunny Hill Health Centre for Children
International Seating Symposium March 5, 2020

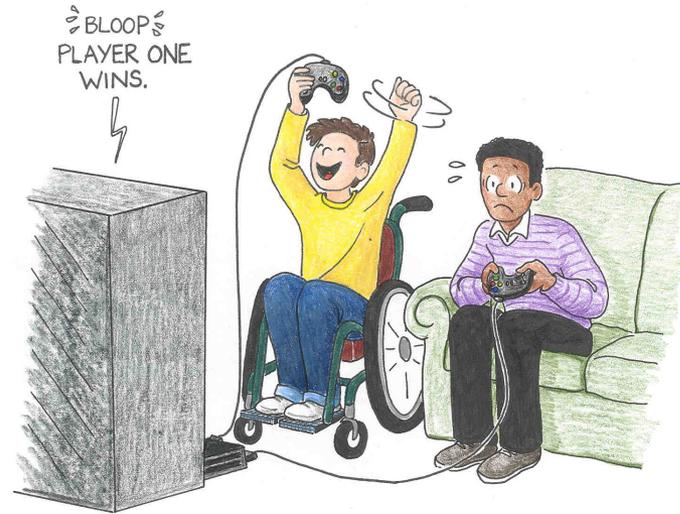
Objectives

By the end of today's session, you will be able to

- Describe the Level of Sitting Scale (LSS);
- Outline the updated LSS learning module;
- Reflect on your learning needs related to implementing the LSS in clinical practice.

assess
posture
classify
learn
LSS sitting
therapists
students

Sitting is Important for Function



Sitting Posture is Critical to Assess



The Level of Sitting Scale (LSS) classifies sitting ability



Created by Miroslav Koša
from Noun Project



Level of Sitting Scale course

Enrollment options

🔄 Level of Sitting Scale course



This online course, designed for occupational therapists and physical therapists and their students, aims to develop your knowledge and observation skills needed to assess and classify a person's sitting ability using the Level of Sitting Scale (LSS).

This interactive course covers:

- LSS description
- video examples of LSS levels
- specific criteria to assist in rating a client's sitting ability
- administration instructions
- self assessment activities

It takes 15 to 20 minutes to complete, but feel free to skip or revisit activities according to your learning needs.

🔍 Enter course code, title, or keywords to search

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Help and Support

About LearningHub

The LearningHub is administered by PHSA on behalf of Health Organizations in BC that are participating members of the BC Health eLearning Collaborative. LearningHub is open to health care employees, providers, affiliates, students and volunteers working at BC health care facilities. Selected courses are also available to the general public including patients, caregivers and family members.

For your best user experience please use Google Chrome. LearningHub can be used on Internet Explorer 11. Other browsers are not supported at this time (e.g. Safari, Firefox). Mobile devices can be used for registration and account activities, but most online courses require the use of are developed to take advantage of the capabilities of a desktop or laptop computer.



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12. Take the quiz

Level of Sitting Scale Course

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2. Learning to Use the Level of Sitting Scale (LSS)

Level of Sitting Scale Overview

The LSS is a reliable and valid 8-point classification index used to objectively document a person's sitting ability. It provides an overall "picture" of the amount support required to maintain a sitting position.

Scores range from 1, where the person needs maximal body support from 2 people to maintain a sitting position, to 8, where the person can move in and out of their base of support in 3 planes of movement without any difficulty.

The Level of Sitting Scale is an ordinal scale, meaning that the distances between levels are not equal and people are not evenly distributed across levels. This influences the statistics that can be used to analyze scores.

Importance of Measuring Sitting Ability

Most people move in and out of sitting postures numerous times throughout their day. Sitting ability influences how a person participates in daily life and engages in such activities as eating, learning, playing and communicating with others.

For people with movement difficulties, sitting ability is critical to assess when determining their therapy needs or prescribing seating and mobility equipment. Knowing the level of sitting ability will aid your clinical decision-making about the amount of postural support that is needed for their toileting or bathing equipment, wheelchairs or other mobility devices. That knowledge will also help determine suitable ways for them to transfer or be positioned when they are using support surfaces such as beds, chairs, and vehicles.

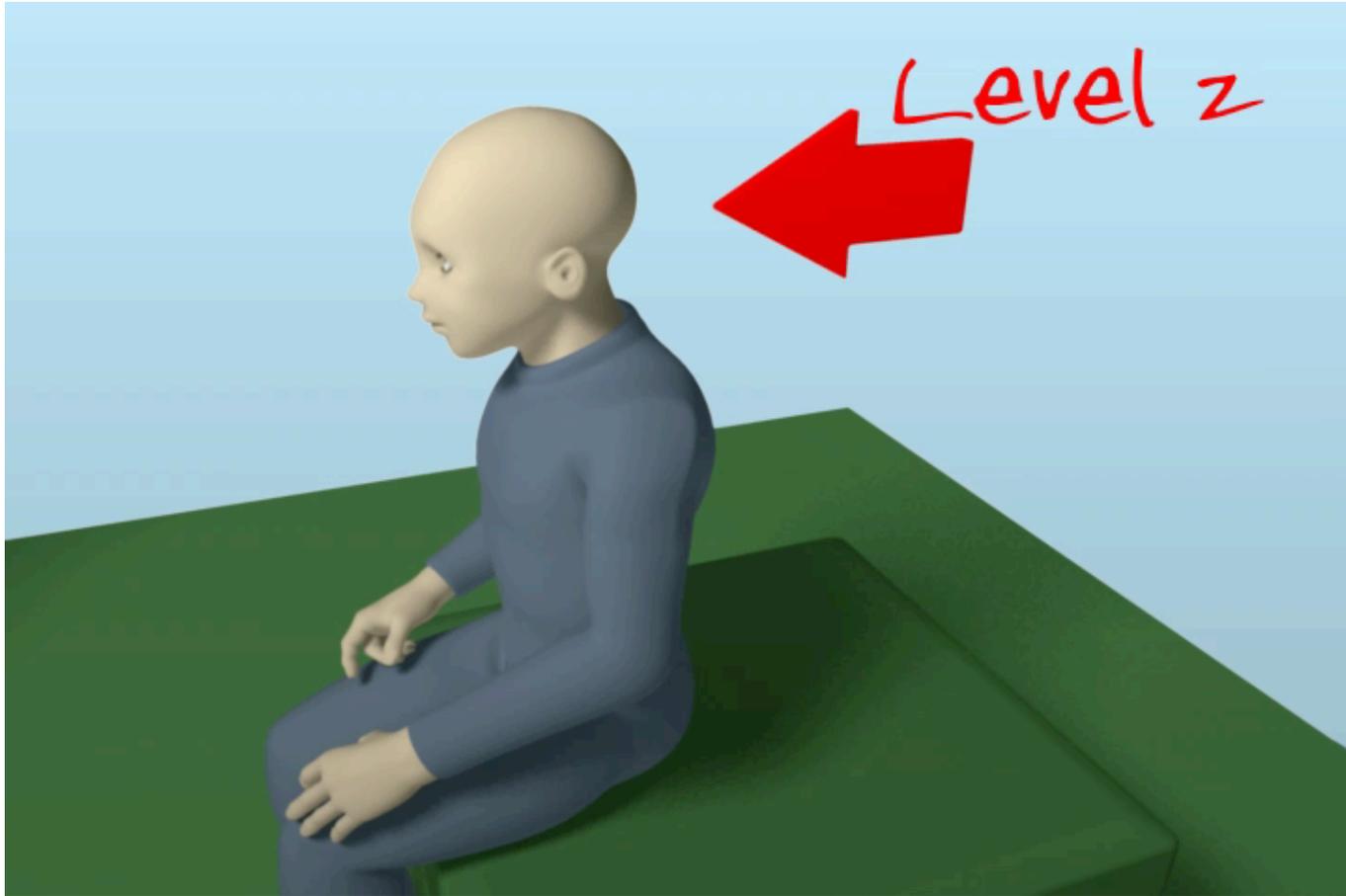
The LSS can be used to classify sitting abilities of all individuals, whether they have movement difficulties or not.

LEVEL OF SITTING SCALE (LSS) Scoring Form

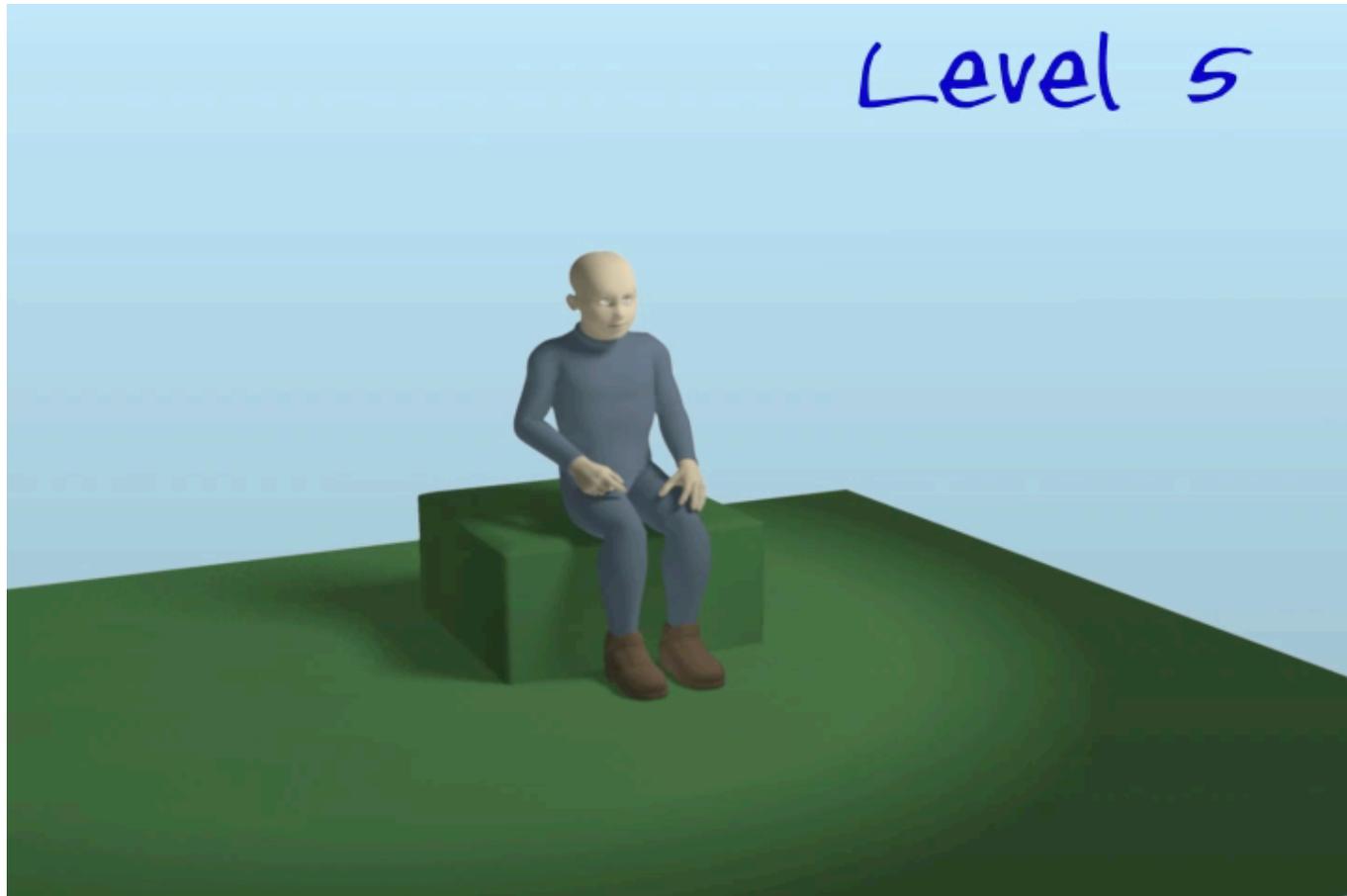
(Sunny Hill Health Centre for Children, 1989)^{1,2}

Circle highest level achieved	Ensure safety of individual by having at least one adult within arms reach for spotting in addition to providing the appropriate degree of postural support to individual as needed
	Levels 1-5: <i>maintain sitting for 30 seconds</i> on flat, firm bench (head & trunk midline over pelvis, arms resting on lap or at side, knees bent over bench edge with feet unsupported) Levels 6-8: <i>trunk needs to move ≥ 20 degrees in desired direction and re-erects</i> without falling or propping (hands and arms are not to be used for support)
Level	Descriptor (see Scoring Criteria for details)
1	One Person <u>Unable To Support</u> Individual In Sitting
2	Individual Supported in Sitting <u>from Head Downward</u> by One Person
3	Individual Supported in Sitting <u>from Shoulders or Trunk Downward</u> by One Person
4	Individual Supported in Sitting <u>from Pelvis Downward</u> by One Person
5	Individual <u>Maintains Sitting Position Independently</u> DOES NOT MOVE OUT OF BASE OF SUPPORT
6	Individual <u>Shifts Trunk FORWARD</u> Out of Base of Support, RE-ERECTS WITHOUT ASSISTANCE
7	Individual <u>Shifts Trunk LATERALLY</u> Out of Base of Support, RE-ERECTS WITHOUT ASSISTANCE <i>Remember to test to both sides</i>
8	Individual <u>Shifts Trunk BACKWARD</u> , Out of Base of Support, RE-ERECTS WITHOUT ASSISTANCE

Levels 2-4 classifies
postural support needed



Levels 5-8 classifies postural stability



Steps to Getting Started:



- Find appropriate place to conduct assessment.
- Get appropriate place for carrying out assessment.
- Do
- F

...on's safe transfer to and assessment.

Level of Sitting Scale (LSS) Scoring Criteria

<p>Level 1</p> <ul style="list-style-type: none"> • requires two or more people to support person in sitting on flat firm bench • unable to maintain sitting ≥ 30 seconds with one person supporting • trunk cannot be maintained over pelvis either because of increased muscle tone (e.g. strong extensors), decreased muscle tone (floppiness) or fixed deformities 	<p>NEEDS \geq TWO PEOPLE TO SUPPORT IN SITTING</p>
<p>Level 2</p> <p>Successful Completion (score Level 2)</p> <ul style="list-style-type: none"> • maintains sitting ≥ 30 seconds with one person supporting from head downwards • physical assistance needed to keep head in line with trunk and trunk over pelvis (in three planes of movement) 	<p>SUPPORTED FROM HEAD DOWNWARDS</p> <p>Incomplete Performance (score Level 1)</p> <ul style="list-style-type: none"> • maintains sitting < 30 seconds with one person supporting body from head downwards

Level of Sitting Scale Course

◀ Previous: 4. Animations of Levels of Support

Next: 6. Steps to Getting Started: Determining What Level to Start Testing ▶

5. Steps to Getting Started: Needed Resources and Environment

Find an appropriate place to conduct assessment

- Quiet environment with minimal distractions
- Room that has a flat, firm bench that is >6" wider and 3" deeper than person's sitting width and depth measurements and >3" higher than person's lower leg length
- Bench height allows feet to dangle so their feet can not touch the ground during the assessment
- Provide adequate space to ensure safety of adults supporting person or spotting person throughout assessment.

Gather needed resources for carrying out assessment

- [LSS Scoring Form](#), [LSS Scoring Criteria](#) & [LSS Administration Instructions](#) (also located in section 2)
- An adult spotter is present to ensure person's safety
- Motivating & developmentally age-appropriate toys or objects to reach for
- Watch or timer to indicate 30 seconds

◀ Previous: 4. Animations of Levels of Support

Next: 6. Steps to

chapter/13105/LSS Administration Instructions Jan 2019.pdf



Appropriate Starting Position

Hips and knees bent 90 degrees

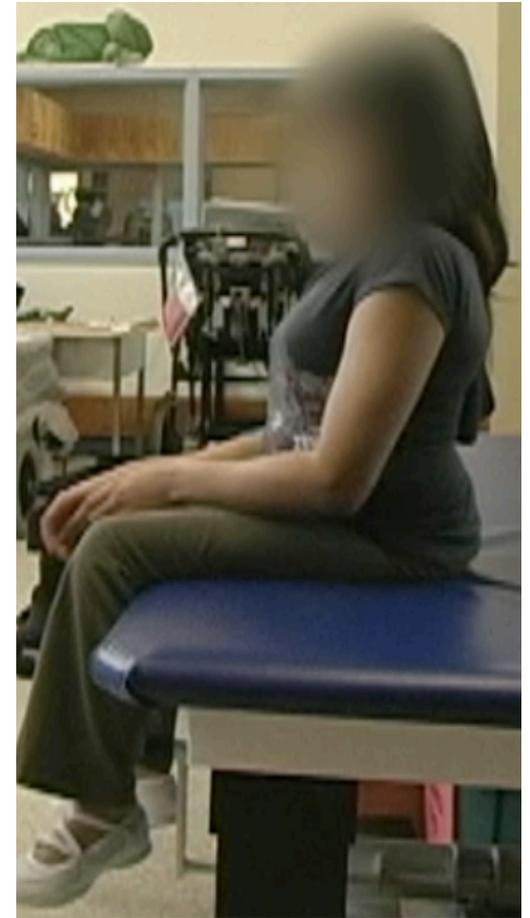
Lower legs hanging over bench

Feet unsupported

Trunk inclined ≥ 60 degrees

Head neutral or bent slightly forward

Arms and hands resting at side of body or on lap position (not gripping body/bench or used to prop self in sitting)

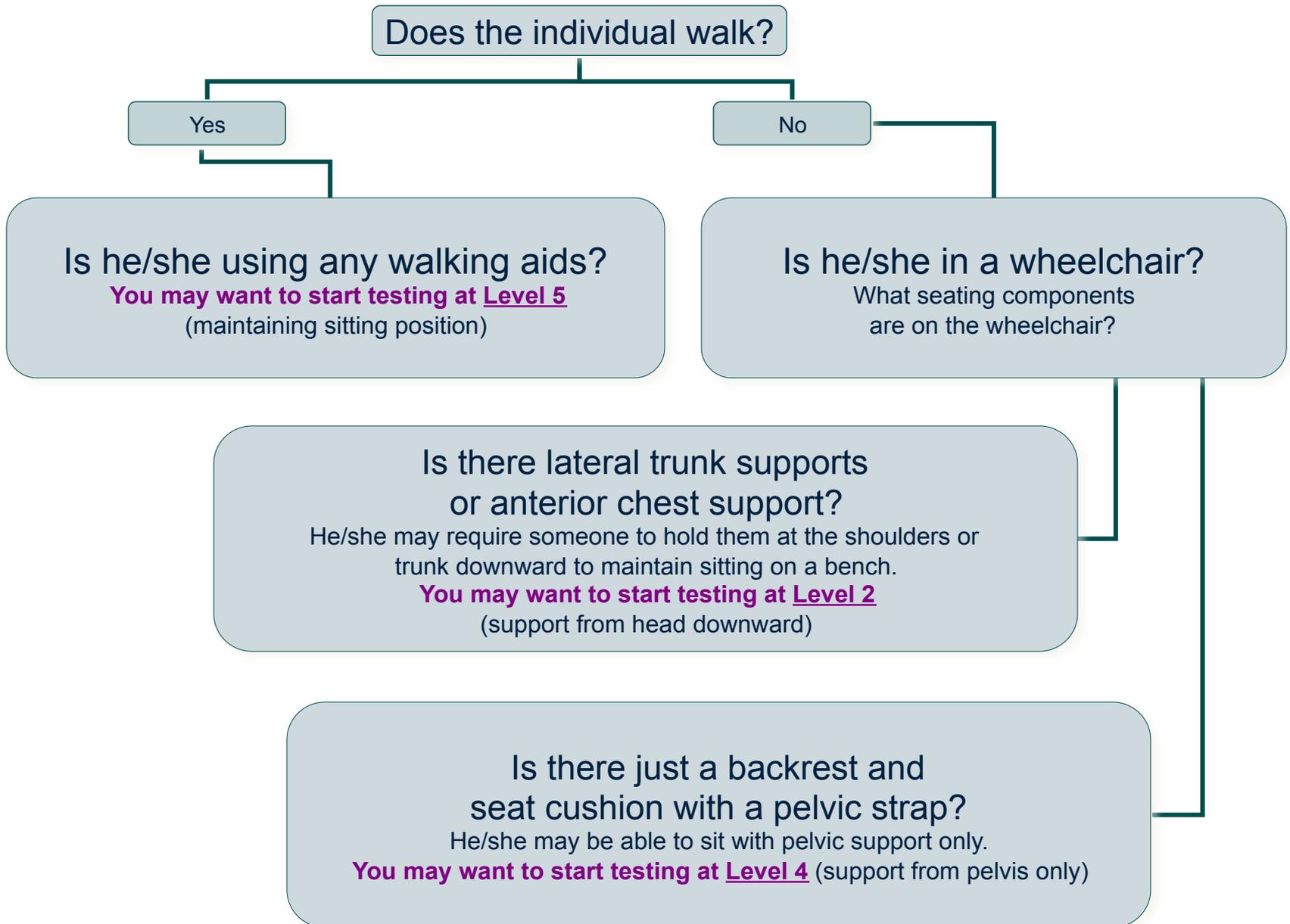


Levels 5-8 start position

Begin testing: LSS Levels 1-4



Determining What Level to Start Testing





How long is 30 seconds?

Without using a timer, stop the video when it has played 30 sec

*ATTack of the
Tumbleweed*

Phone Video February 16, 2014

Test Your Knowledge



Feedback is Provided



Test Your Knowledge

Match the Level of Sitting score to the appropriate description:

- Level 7 Requires support of head, trunk & pelvis to maintain sitting
- Level 2 Without using hands, leans trunk sideways $\geq 20^\circ$ & re-erects
- Level 5 Maintains sitting independently if limbs/trunk does not move
- Level 3 Requires support of trunk and pelvis to maintain sitting
- Level 1
- Level 4

Level of Sitting Scale Course

Download these documents to refer to while moving through the course. When you are ready click on the "Level of Sitting Scale Course" link to go to the lesson.

- ▼  Documents you will need for this course
-  Evidence supporting use of LSS Jan 2019.pdf
 -  LSS Administration Instructions Jan 2019.pdf
 -  LSS Scoring Criteria Jan 2019.pdf
 -  LSS Scoring Form Jan 2019.pdf

DOWNLOAD FOLDER

 [Level of Sitting Scale Course](#)

Level of Sitting Scale Quiz

 [Level of Sitting Scale Quiz](#)

level of sitting scale

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Level of Sitting Scale

This online course, designed for occupational therapists and physical therapists and their students, aims to develop your knowledge and observation skills needed to assess and classify a person's sitting ability using the Level of Sitting Scale (LSS).



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