

Basic course LiN – Lagerung in Neutralstellung (Positioning in Neutral)



Target group

Nurses, therapists, caregivers and people who are involved in caring or treating severely disabled patients in acute care, intensive care, during early rehabilitation, in nursing homes or at home.

Learning objective

- Be familiar with and able to perform the following LiN positions under supervision: supine, 30°-sidelying, 90°-sidelying, sitting in bed and in the chair.
- Be able to assess individual body constitutions and tone dysregulations and to develop ideas for individual adaptation under supervision.
- Identify, assess and evaluate changes due to LiN in the patient.
- Experience LiN on one's own body.
- Understand the basic neuro-muscular principles of LiN.
- Recognise the need for practice in order to effectively perform LiN in daily clinical practice.
- Understand the challenges of implementing LiN in daily life and develop solutions.
- Be familiar with the evidence-based aspects of LiN.

Course presentation

- Lectures and group working on theoretical aspects.
- Using the LiN principles, the course participants develop the various positions independently and practice them on each other. The trainer serves as an advisor in this process.
- Whenever possible, patients are positioned during the course.
- The LiN positions practiced by the course participants are presented to the entire group, analysed and the immediate effects are reported.
- The standardised handout can be supplemented both with your own notes and with photos taken during the practical labs.

Course leader

LiN trainers are teaching the course. These are nurses and therapists who have successfully completed the LiN trainer education and have been authorised by Dr. Heidrun Pickenbrock to teach LiN courses. Assistants are still in training to become LiN trainers, teach under the supervision of the trainer and assist in the coaching during the practical labs.

Duration of the course

The standardised course is usually held over two days and lasts at least 20 teaching units (à 45 minutes). By special arrangement, 3-day courses (LiN+1) can also be organized. The courses can be conducted in one piece or divided.

Number of participants

A maximum of 12 participants.

Rules for certification

LiN basic courses are standardised. A certificate is only provided if the course requirements have been met.

Course costs

The course organiser determines the course costs. The course organiser can be found on our website at <https://www.lin-arge.de/en/course-data>. With a click on “Details” in the respective line of the course on the far right you will find the contact details of the responsible person.

Translated (modified) with www.DeepL.com/Translator (free version)