

# Hsc 2028



**ASSIGN  
BUSTER**

Unit 4222-232 Move and position individuals in accordance with their plan of care (HC 2028)1.

1Outline the anatomy and physiology of the human body in relation to the importance of correct moving and positioning of individualsThe anatomy which is the physical structure of the body and the physiology which is the normal functions of the body help us to move our limbs. Muscles work like leavers and this allow the bones at a joint to work like hinges. When moving someone it is important to remember that the muscles can only move the joint as far as the bone will allow them. .

When a muscle contracts it will pull the bones at the joint in the correct direction that it is designed to move. When mobility is reduced and muscles do not get exercise these muscles will be floppy and will make movement slower and more difficult. When moving people it is important not to over stretch the joint as this can cause pain and may also cause damage the joint. There are nerve fibres throughout the body and these send impulses to the muscles and this make the muscle contract or relax.

When an individual is moved and positioned it is important this happens smoothly. Sudden movements or pulling in any direction of an individual??  
™s limbs or body can cause pulled muscles or tear tendons which can cause a lot of pain. Musculoskeletal SystemThe spinal column is made up of individual bones called vertebrae.

In between the bones there are joints that connect these together. A ligament connects bone to support joints. Muscles work by the fibres they contain contracting; this makes the muscle shorten. When the muscle

shortens it pulls on the tendon and then on the bone to which it is attached.

Muscles are connected to bones by tendons.

Bones in limbs are covered with tissue. 1. 2 Describe the impact of specific conditions on the correct movement and positioning of an individual There are many conditions that can impact on movement and positioning of people. When moving or positioning a person it is important to take care doing this so there is reduced pain and discomfort. Some people may suffer from cerebral palsy, as a result of this, some of their muscles may be contracted or joints will be causing a fixed rigid limb.

People suffering with arthritis will often have stiff painful joints and frequently have limited movement in the affect areas. Care needs to be taken when moving or positioning arthritic people, to reduce the possibility of causing pain and discomfort. You also need to be aware of the limited movement of arthritic joints and not attempt to move these beyond their limits.