



Basic course

LiN – Lagerung in Neutralstellung (Positioning in Neutral)

Target group

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

Teaching goals

- To get to know and practice supine, 30° side lying, 90° side lying, sitting in bed and in the chair according to LiN with patients who have low tone and no contractures
- To be able to assess individual constitution, tonus condition and to develop ideas on how to adopt LiN
- To identify, assess and evaluate changes due to LiN in the patient
- To experience LiN on one's own body
- To understand the neuro-muscular principles of LiN
- To recognize the need of repetition of practicing LiN in order to become efficient.
- To understand the difficulties and problems for implementation in day-to-day work and working out practical solution
- To get to know the evidence-based aspects of LiN

Course presentation

- Lectures and group working on theoretical aspects
- On the base of the principles of LiN the course participants develop the different positions independently and practice on each other. The LiN trainer is supervising
- 3 times during the course patients are going to be positioned on the ward. Patients are presented to the group and the effect of LiN will be discussed.
- A standardized hand out can be completed by one's own notes and as well by pictures taken during practical lab.



Course leader

Trainers for LiN will be teaching the course. They are either nurses or therapists who successfully completed the education and were certified by Dr. Heidrun Pickenbrock in order to be allowed to teach LiN courses. Assistants are still those that still wait to pass the training and are teaching part of the course under supervision of the trainer.

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 held.

The courses can be split or given in one go.

Number of participants

A maximum of 12 participants

Rules for certification

LiN basic courses are standardised. A certificate is only awarded if the course requirements are met.

Course costs

Please ask the organizer. (<https://lin-arge.de/de/kursdaten> on the far right → [Details](#) → contact person who provides information on the respective course)



Example of a schedule

1. Day

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| 09:00 | Welcome, goal setting |
| 09:30 | Lecture: Basic principle of LiN |
| 10:15 | Practical lab: supine |
| 10:45 | Coffee break |
| 11:00 | Practical lab: supine and 30° side lying |
| 13:00 | Lunch |
| 14:00 | Positioning on the ward (supine or 30° side lying) |
| 15:00 | Practical lab: 90° side lying |
| 16:00 | Coffee break |
| 16:15 | Lecture Why in „Neutral“: then practical lab: sitting in bed |
| 18:15 | Finish of the first day |

2. Day

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|--------------|---|
| 08:00 | Lecture: Evidence based effects of LiN |
| 08:30 | Practical lab: sitting in the (wheel)chair |
| 10:00 | Coffee break |
| 10:15 | Positioning on the ward (sitting in the bed of chair) |
| 11.15 | Lecture and Discussion: goals of positioning |
| 12:00 | Lunch |
| 12:45 | Positioning on the ward (according to the patient's needs) |
| 13.30 | Debriefing about the experiences with the patients |
| 14.15 | Coffee break |
| 14.30 | Practical lab: Repetition |
| 15:30 | Final discussion |
| 16:00 | Finish of the course |