

# Your guide to good seating & posture

To ensure good posture, pressure area care, as well as comfort, it is important to have a correctly fitted chair and cushion. However, there are many factors to consider when choosing the correct seat.

## ARE YOU SITTING COMFORTABLY?

Correct seating position and chair dimensions will provide: A good sitting posture, important for activities of daily living and normal body functions e.g. respiration. Good pressure area care, by maximising the surface over which weight is carried, thereby reducing pressure and freedom for independent movement and postural changes.



### Seat too high

Difficult to get into and no support for the feet, leading to ankle deformities and restriction of blood flow at the back on the thigh. Heels are at risk when the patient shuffles forward for comfort.



### Seat too wide

Offers no support or stability, the body tends to lean to one side, putting pressure on ischial tuberosities.



### Seat too low

An individual's body weight is supported on a small area, leading to high pressures under the coccyx and buttocks. Feet pushed forward for stability increases heel pressure.



### Seat too narrow

Risk of pressure damage to Trochanters. Difficult to get in and out of the chair due to limited movement.



### Seat too short

The body weight is supported on a small area. The feet are used for balance and posture, leading to high pressures and discomfort, especially under the thigh.



### Seat too long

Causes high pressures, especially on the back of the knees and sacrum due to limited knee and ankle flexion, leading to poor posture.

## 24 hour care

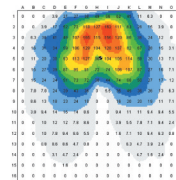
- Patients who are at risk when in bed – are at increased risk.
- Patients will require a similar or greater level of support when seated.
- Patients at an elevated risk of pressure damage, should have their seating time regularly assessed and possibly limited to periods of less than 2 hours with regular repositioning.
- The seat should not restrict the patient's normal activities and comfort is an important consideration.
- Consider alternating pressure seat cushions for those patients who are at highest risk or immobile.

## Tissue viability

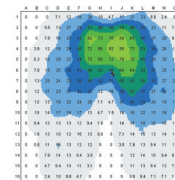
The visco-elastic seat cushion helps in the treatment and management of pressure ulcers with frequent monitoring and repositioning.

- Impressive pressure reduction testing
- The 10° recline assists spinal alignment
- Option of a seat board (SB) to allow specialist cushions to be used

Standard cushion



Elite cushion



Low High

Interface pressure



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