

Are you sitting comfortably?

Difficulty in Getting Up

It is often difficult to get up as a result of reduced muscular strength and impaired functioning of the joints. This may be caused by:

- seat too low and/or too soft
- inappropriate seat depth
- large back rest angle
- armrests too short or absent



Irritated Tissue/Back Pain

Incorrect seat height can cause pressure on the bottom. An excessive slant of the back or too deep or too low a seat can lead to irritated tissue, back pain and cause difficulty getting up.

Sitting requires more effort than we think

A well designed seat helps prevent fatigue and other complaints ensuring the body adopts the most natural posture.



Blocking of Veins/Nerves

An excessively high sitting position with legs swinging can lead to veins and nerves becoming blocked causing varicose veins and sleeping legs and numbness.



Back Pain & Poor Posture

Inappropriate cushioning can result in sinking and slumping back into a convex shape contributing to back pain and other related joint and muscle ailments.



Intestine Trouble

An excessively low seat with an acute angle between the torso and upper legs can give rise to intestinal problems.

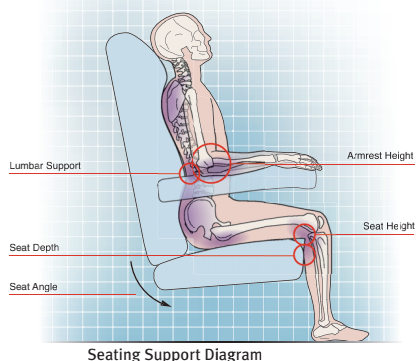
Achieving a good sitting position is the result of a number of interrelated factors requiring the chair to be tailored to each individual in terms of :-

- Correct seat height
- Correct armrest height
- Correct seat depth
- Correct seat angle
- Correct seat width
- Correct lumbar support

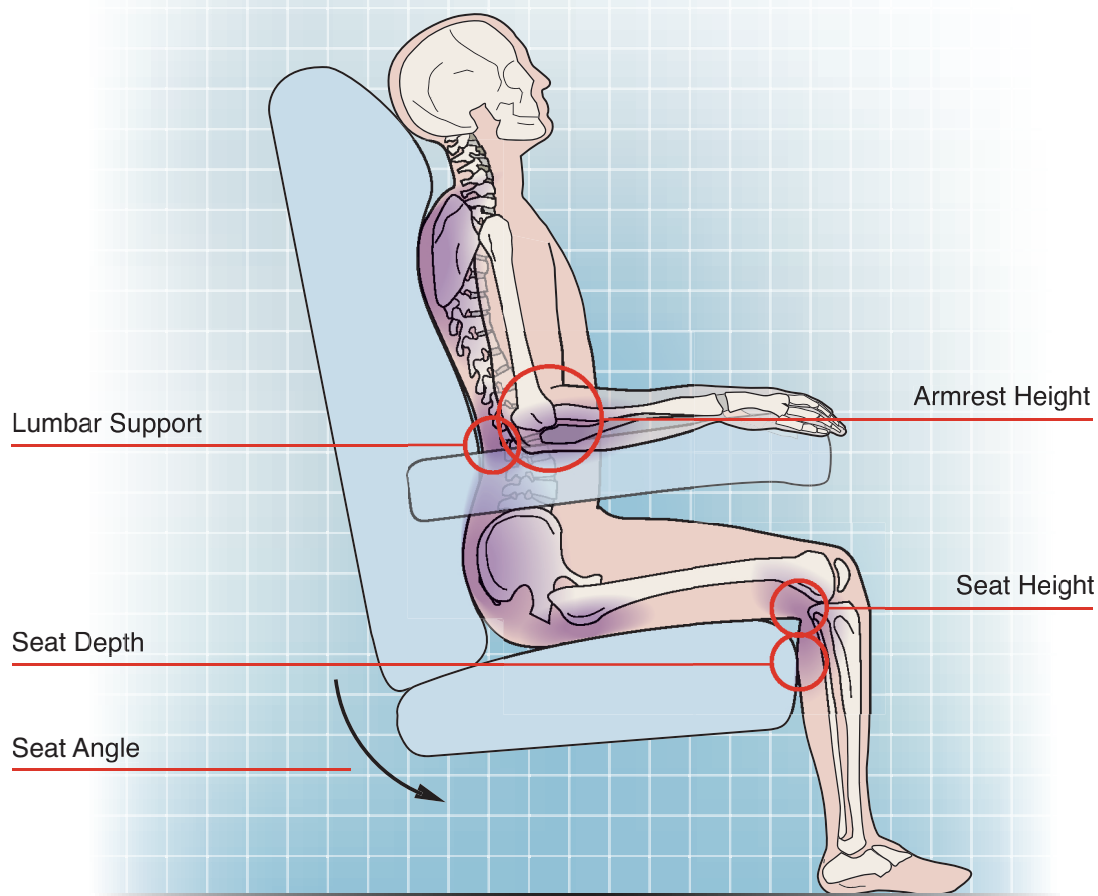
Kirton - Seating Specialists for Adults and Children

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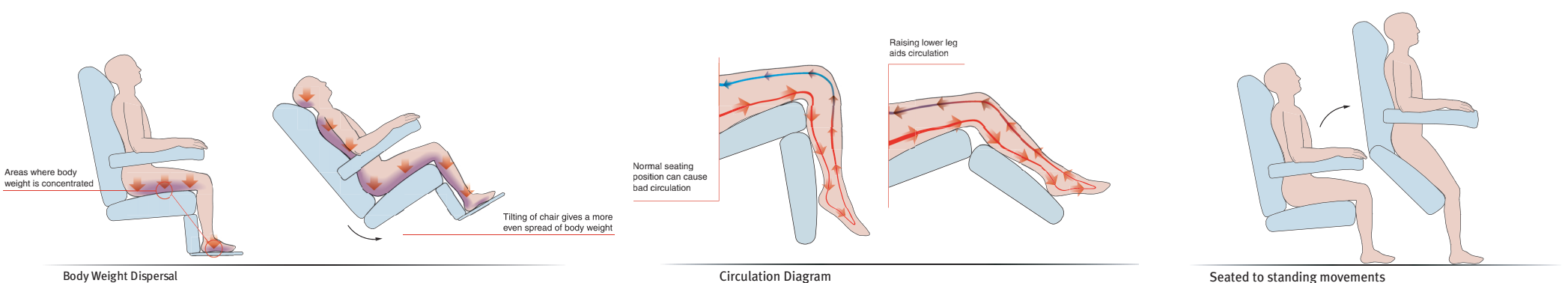


Seating Support Diagram

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Important Elements of Good Seating

For those who have limited ability to make small changes in movement, it is important to consider “dynamic” seating. Dynamic seating has a range of adjustments to tailor the chair to the user’s physical requirements to

prevent the user becoming “fixed” in the same shape as the chair they are using. It enables posture and body weight to be adjusted throughout the day to prevent pressure build up in isolated areas.

Tilt-in-Space

Tilt-in-Space enables the occupant to be tilted forwards or backwards in a chair whilst maintaining the position of the knees and hips. A resting position can be achieved whilst maintaining their posture and pelvic position. By keeping the angle between the chair seat

and back at around 110°, the occupant will not slide forwards into an uncomfortable, slumped position. Tilting the body has the effect of distributing weight over a larger contact surface providing a simple and effective way to combat the build up of pressure.

Back Angle Recline

Traditionally, the independent back recline has facilitated resting or napping and is ideal for those who are able to maintain their position independently. However, for those less physically able to sustain pelvic stability, a

back angle recline in conjunction with a steeply ramped or angled seat enables the benefit of a resting position or an upright position for meal times to be realised by this user group too.

Elevating Footrest or Legrest

Lymphatic and blood circulation can be reduced through age or illness. Circulation to the legs is affected by the ability of the heart and arterial system to pump blood around the legs. Lifting and straightening the knees has the

effect of allowing the blood to circulate more easily, reducing the effort required by the heart and arterial systems. Raising the legs is also used to help alleviate leg oedema, a build up of fluid in the legs.

Raise Facility

Age and disability can lead to problems getting up from furniture due to reduced muscular strength and impaired functioning of the joints. Raise facilities within furniture gently lift individuals to a standing position without

significant pressure placed upon limbs and joints whilst stability and positioning is maintained by ensuring the feet remain close to the floor.

Pressure Relief

Skin and muscle tissue are constantly subjected to pressure caused by body weight or friction. The effects of these pressures will vary between individuals according to health, weight and ability to correct and change posture. Distributing body weight over a larger

surface area will help reduce pressure but in acute cases the introduction of special pressure relief cushions can improve relief and help prevent the development of pressure sores.

Upholstery

The contact surface between user and chair has great significance. Body temperature, perspiration and tactile response are dependent on the finish and quality of the material used to upholster the chair. The practicalities of

keeping a chair clean must be considered along with its appearance. Durability and wear are also important elements in choosing the right material for a chair.

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