

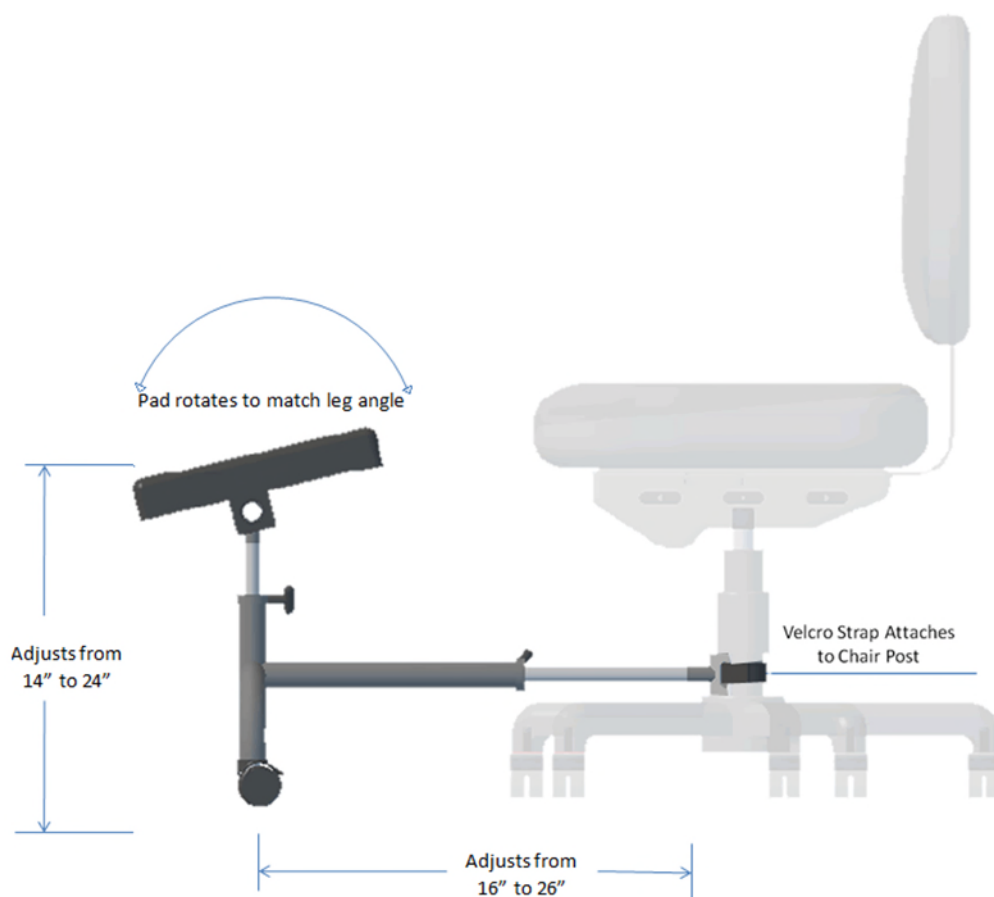
# Installation of The ErgoUP Leg Rest

## Quick Guide to Using your Leg Rest at Work

Installing your new ErgoUP is super easy! It comes assembled for your convenience and will attach to almost any regular, single post office chair. If you have questions about your particular chair, please contact us before ordering. NOTE: If the base of your chair is like a pyramid, the ErgoUP will not work properly.

### Preparing Your Chair

Most office chairs have a telescopic plastic sleeve that covers the main chair cylinder. Normally there are three sections. You must slide the bottom section up so



that it exposes the chair cylinder. This is where the leg support attaches to the chair.

### Attaching The ErgoUP to Your Chair

Open the Velcro tie strap attached to your ErgoUP, leaving it threaded through the

support adapter. Now wrap the strap around the cylinder and through the "D" ring. The D-ring is chrome metal component on the strap. When the strap is through the D-ring pull it tight and press the Velcro pieces together. The leg support is now ready to adjust to fit you.

## Adjusting The Leg Rest

Set the distance by moving the back edge of the pad so that it is directly behind your knee. You can make this adjustment by using the horizontal adjustment. The final setting is the height. It is recommended the height is set so that the knee is comfortable and does not raise your leg off the seat of the chair. Always follow your doctor or safety consultant's recommendations for proper support first.

**Pad Rotation:** Floats to match leg angle.

**Pad height adjusts:** 14" - 24"

**Pad distance from chair adjusts:** 16" - 26" ([XL Adapter Available for more adjustment](#))

## XL Upgrade

If you already purchased an ErgoUP Leg Support and need to add an extension, please purchase here. This upgrade includes a 6" extension as well as larger casters. If you are ordering a new ErgoUP Leg Support, you can select this as an option from the page of the model you are interested in.

This extension simply attaches to your ErgoUP to increase the distance between your seat and your feet by up to 6".

This is used by people over 6 Feet in height AS WELL AS by people with larger bodies, especially with larger back sides that push them forward on their seat.

