adaptations™

using the easiSpec®
system to create your perfect
adapt® chair prescription

ergochair®

because you are unique...
... so is each and every one of our adapt® chairs

and specifying one is as easy as 1,2,3 with our easiSpec® system

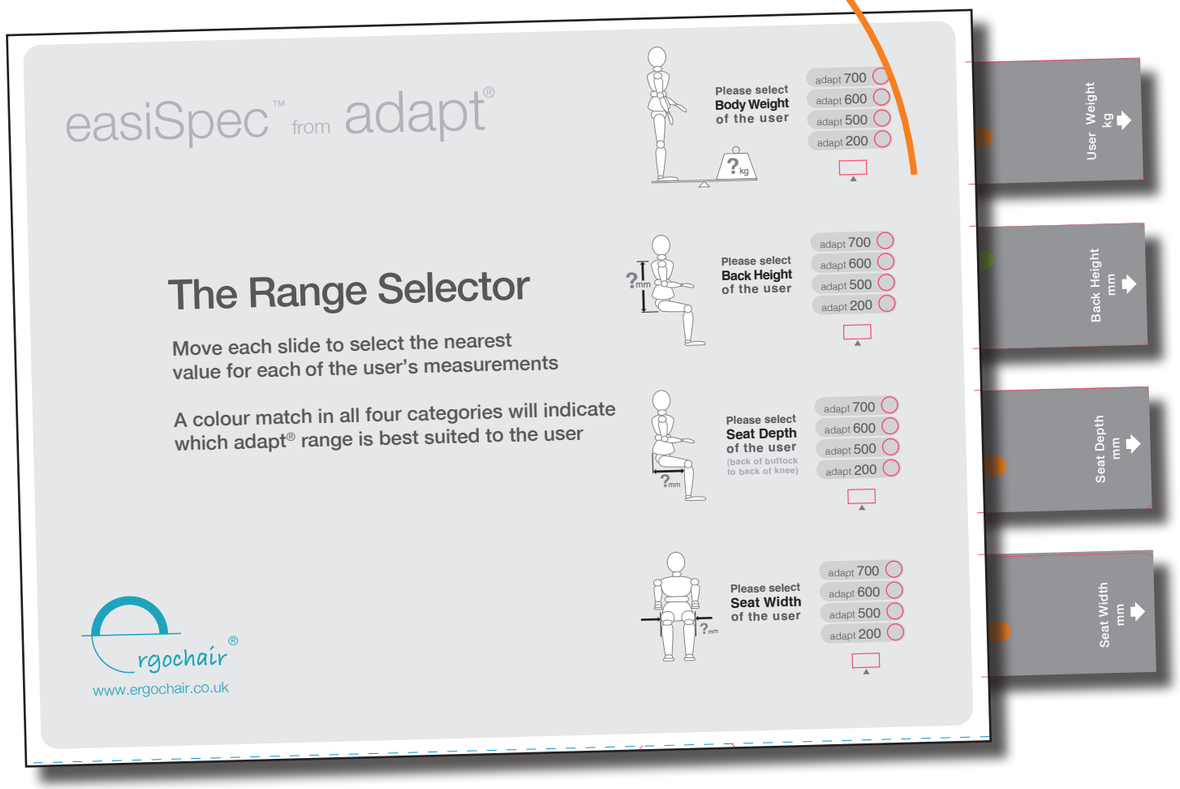
1

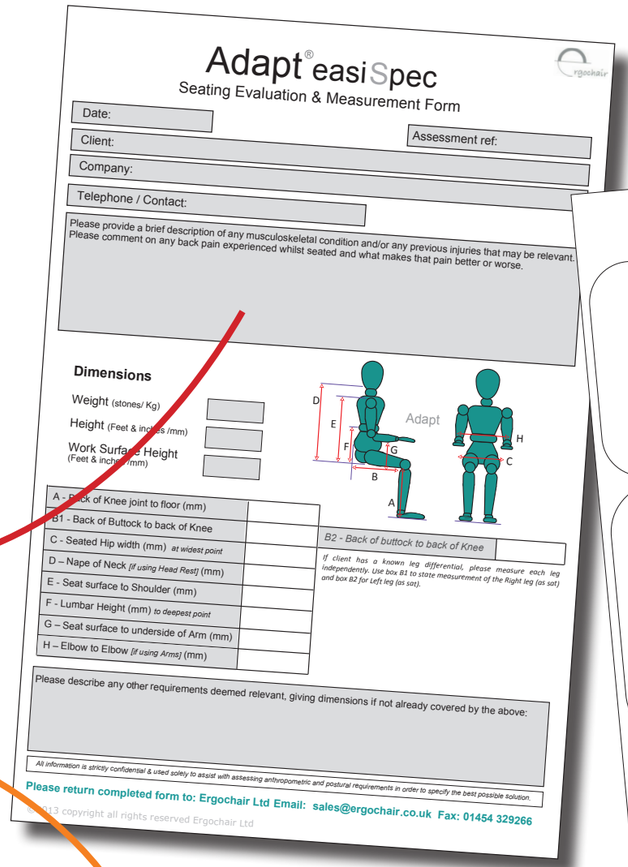
Use the adapt easiSpec Seating Evaluation and Measurement Form to jot down some key body measurements

2

Move the grey slides on the easiSpec Range Selector to match the key body measurements you've recorded

The Range Selector then indicates which adapt chair is best for you by indicating a colour match in each of the four catagories





3

The relevant easiSpec assesment guide will then allow you to create the complete chair prescription

Once that's done we'll help you get in touch with the right person to place your order

It's that simple...

and the result is a unique, adapt chair personally specified by you, and made-to-measure to your exact individual requirements

Compatibility
Found all the right adaptations? Want to know if it's achievable? Look for the traffic light system to see if an item is compatible with your chosen model of chair. But of course the chances are we will be able to do it - just ask.

200
500
600
700

Nobody else is able to offer this bespoke service.

But then no other chair is an adapt®

the myth of the average person

Most ergonomic seating is mass-manufactured on a component basis aimed at the 50th percentile of the adult population in the belief that it will fit the ‘average’ sized person.

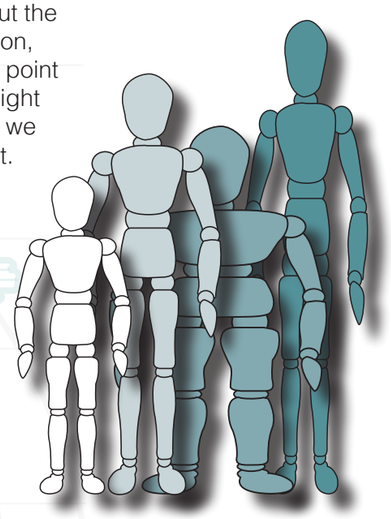
The 50th percentile, however, differs for males and females and also between Asia (where much standard chair componentry is made) and Europe/UK.

The reality is that even the best ‘off-the-shelf’ chair with a standard level of adjustability will only fit up to 40% of the population and even then will not address any specific postural concerns.

> “even the best ‘off-the-shelf’ chair will only fit 40% of the population and will not address any specific posture issues...”

There is no such thing as an average sized person

Which is why we cut the chair to fit the person, so that the starting point or template is the right size for you before we begin to fine-tune it.



Taking care of postural issues and disabilities

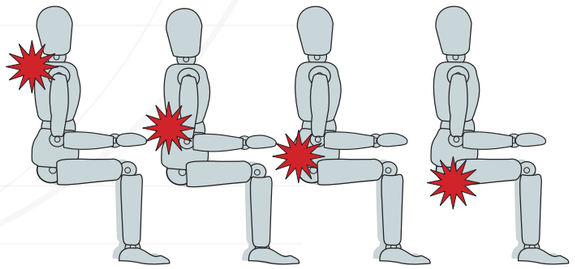
We can construct a chair from our Adapt range to fit 99.9% of the adult UK population and we can customise it to support any postural or disability requirements.

The relevant easiSpec guide will then allow you to customise it and create the complete chair pre-scription

> “60% of people sit for over 6 hours per day in a chair that doesn’t fit...”

Commonly experienced pain hotspots

- Neck strain and thoracic pain
- Lumbar and lower back pain
- Sacral and coccyx issues
- Sit bones - pressure discomfort



getting under the skin of an adapt® chair

Basic anatomy and how we can adapt it

Most people know about the major elements that make up an office chair. What’s more interesting though is what we can do to them.

“We tried counting how many different combinations of adaptations we offer but at over 10,000 we figured we probably had it covered”

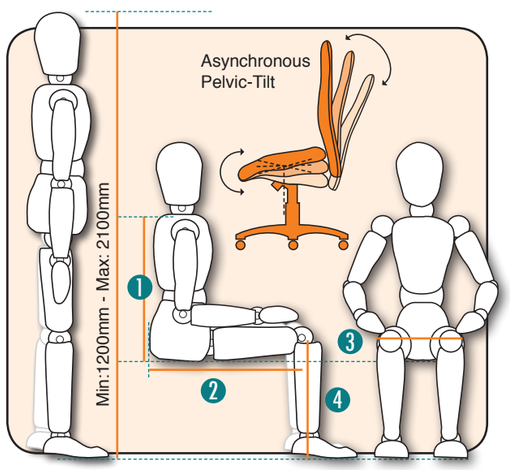
So, in this adaptations book, we’ve tried to show you as much of what we do as possible, starting right here, with the basics; the anatomy of a chair.

the adapt® range because people are not made to standard specifications... neither are our chairs

adapt®200

	Min	Max
1 Back Height	370mm	690mm
2 Seat Depth	330mm	440mm
3 Seat width	270mm	410mm
4 Seat Height	360mm	640mm*

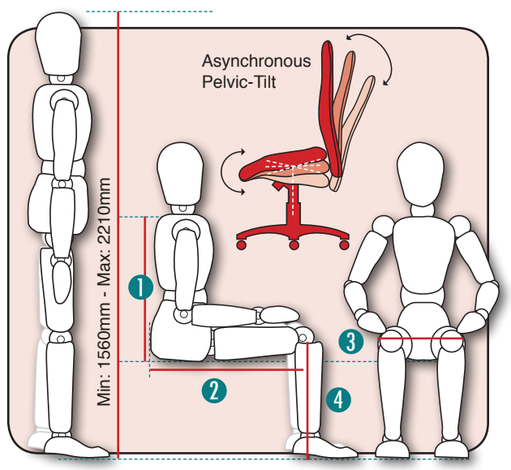
*Optional Brake Loaded Footrest / Step will allow for any minimum lower leg dimension



adapt®500

	Min	Max
1 Back Height	420mm	640mm
2 Seat Depth	410mm	610mm
3 Seat width	410mm	610mm
4 Seat Height	430mm	620mm*

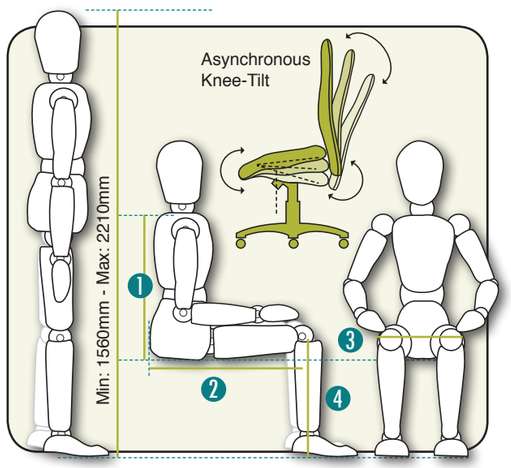
*Higher gas columns available for use in specific environments



adapt®600

	Min	Max
1 Back Height	350mm	670mm
2 Seat Depth	340mm	660mm
3 Seat width	410mm	610mm
4 Seat Height	430mm	630mm*

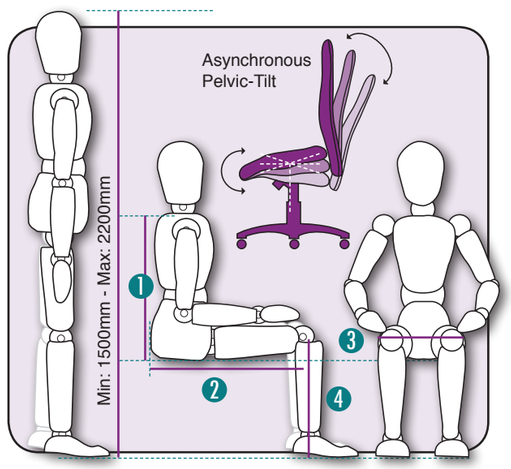
*Higher gas columns available for use in specific environments



adapt®700

	Min	Max
1 Back Height	450mm	660mm
2 Seat Depth	420mm	570mm*
3 Seat width	620mm	620mm**
4 Seat Height	490mm	670mm

*Seat depth can be tailored
**Fixed seat width



All Adapt chairs are tested to: BS5459: Part2: 2000

level 1 adaptations: arm rests

Arm rests are the perfect first level of enhancement to your office chair
They should provide support under your elbow without you having to stretch to reach them.
The adapt® range of arm rests has been created to give the best possible level of adjustability and function. All of our arm rests are height-adjustable with many of them offering additional width and depth adjustment.We can also custom-make arm rest pads to specific sizes and shapes.

Compatibility

HAA arm rest
Height-adjustable arm rest
Width adjustable on most chair models (hand wheel)
Code: 1233

Approx Dimensions
Seat to pad: 150 - 240 mm
Pad width: 90 mm
Pad length: 240 mm

200 500 600 700

1234 arm rest
Height and width adjustable arm rest
Retractable arm pads – slide action
Code: 1234

Approx. Dimensions:
Seat to pad: 150 - 240 mm
Pad width: 90 mm
Pad length: 250 mm

200 500 600 700

3D Trigger arm rest
Height and width adjustable arm rest
Retractable arm pads – button control
Width adjustable arm pads – button control
Code: 3DTARM

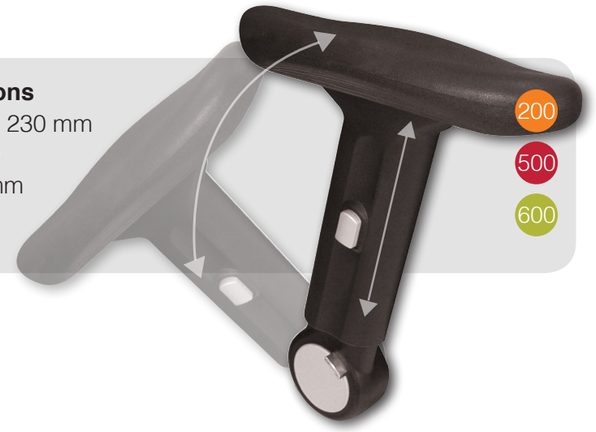
Approx. Dimensions:
Seat to pad: 160 - 250 mm
Pad width: 90 mm
Pad length: 240 mm

200 500 600 700

4D arm rest
Height and width adjustable arm rest
Retractable arm pads – slide action
Width adjustable arm pads – slide action
Rotatable arm pads – twist action
Code: 4DARM

Approx. Dimensions:
Seat to pad: 160 - 240 mm
Pad width: 100 mm
Pad length: 240 mm

200 500 600 700



Rotating armrest
Height adjustable
Backward rotation function
Ideal for wheelchair transfer
Code: WSARM

Approx Dimensions
Seat to pad: 160 - 230 mm
Pad width: 80 mm
Pad length: 280 mm

200 500 600

Mobile Support arm rest
Multi-function arm rest
Designed for severe upper-limb disorders and disabilities
Suitable for light loading only
Code: MSA

Approx Dimensions
Seat to pad: 170 - 250 mm
Pad width: 45 mm (wrist cup)
Pad length: 150 mm (wrist cup)

200 500 600

Gel Pads
Supplied as a pair, these gel pads add an extra layer of comfort to our 1234 arm rests
Code: GEL

Approx Dimensions
Pad width: 100 mm
Pad length: 280 mm

200 500 600 700

Upholstered armpad
If you'd like to match your arm pads to your chair colour, we can do that!
We also make bespoke arm pads for specific needs – talk to us and tell us what you need
Code: UPARM / BESPARM

Approx Dimensions
Pad width: 80 mm
Pad length: 280 mm

The Upholstered Arm Pad is an optional extra which is added separately and is compatible with 1233, 1234, 4D and WSARM

200 500 600 700

ADARM
If our standard arm height adjustment range doesn't meet your need, we can increase or decrease this by +/- 50 mm using our Adarm bracket.
Compatible with 1234, HAA, 3D & 4D arm rests.

200 500 600

Note: Dimensions provided are approximate and in relation to a typical adapt 600 configuration.
Please contact us if you need approximate dimensions in relation to other adapt ranges.

level 1 adaptations: neck rests, gas lifts, castors, bases foot rests and movement control

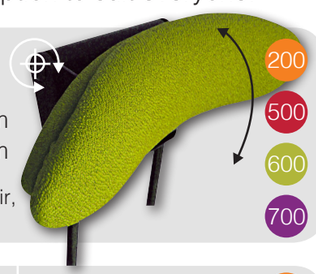
The adapt range of neck rests, castors gas lifts and swivel locks
To enhance your comfort, whilst working, resting or taking a posture-break we offer a range of head and neck supports. With a variety of pad shapes and sizes. These supports also move and articulate in different ways to provide an option to suit everyone.

Neck curve™
As the name suggests, this clever little curve provides support to the neck and base of the skull . Available as a mini, standard or large* version.

Approx. pad dimensions:

	Mini	Standard	Large
Height:	80 mm	80 mm	110 mm
Width:	210 mm	270 mm	330 mm

If ordered as an option on the adapt 700 chair, a larger version will be supplied



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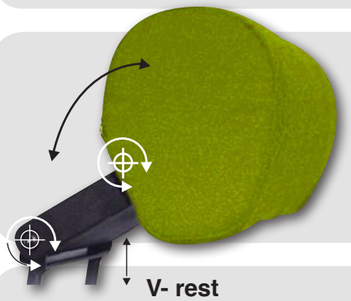


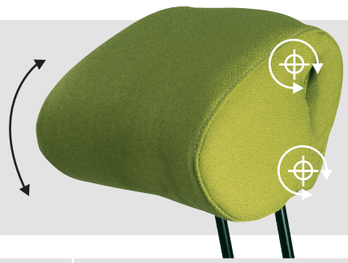
Neck roll
This neck rest offers a deeper, fuller and more rounded cushioning support to the neck.
Available in one size.

Approx. pad dimensions:
Height: 110 mm
Width: 220 mm

200 500 600 700

V- rest
This versatile support can be used as a neck support or as a flatter-style head rest due to the pad shape and multiple articulation points.
Available in one size.

Approx. pad dimensions:
Height: 170 mm
Width: 280 mm



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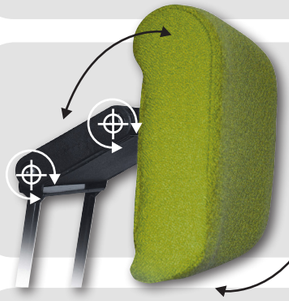
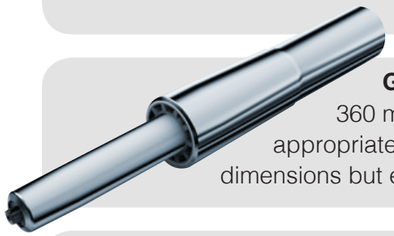


Head rest
This support offers a more traditional, flatter shape
Available in one size.

Approx. pad dimensions:
Height: 180 mm
Width: 210 mm

200 500 600 700

Swivel lock Our Swivel Lock gas lift functions as a regular gas lift until you want to keep it still. Raise and lower the handle to lock and unlock as needed.



Gas lifts We can offer seat heights from approximately 360 mm to 820 mm. Let us know what you need and we can recommend the appropriate gas lift. Optimum seat height is determined not only by your body dimensions but equally by the height of the work surface you use.

Castors The right castors can have a huge effect on how your chair moves. As standard we fit 65 mm castors as this enables optimum 'roll'. For hard floors we offer a soft-wheel option. For alternative movement control we also offer brake-loaded and a brake-unloaded options.

The adapt range of bases
Whether you would like to change the way your chair base looks, alter the way it functions, or find a place to rest your feet, we offer a solution to help.

MLOCK™
This clever device will hold your chair still should you need to transfer to and from a wheelchair or prevent the chair from moving, for intricate tasks. Activate the hand or battery pump to inflate the air-cell and engage the non-slip feet. Comes with non-swivel column as standard. Other gas lifts available upon request.

Dimensions: 695 mm (27") footprint

200 500 600 700

Aluminium Base
Five-star base in polished aluminium to enhance the look of your chair.

Dimensions: 695 mm (27")

200 500 600 700

Footring
This option is the first of our places to rest your feet whilst sitting.

It's also height adjustable.

Dimensions:
Diameter 500 mm

200 500 600 700

Footring with Half Footplate
The second in our range, the Half Footplate option also offers height adjustment.

Dimensions:
Depth = 250 mm
Width = 500 mm

200 500 600 700

Extended Footplate
The third option in this range offers a deeper plate along with the height adjustment function.

Dimensions:
Depth = 400 mm
Width = 500 mm
(narrowing to 450 mm)

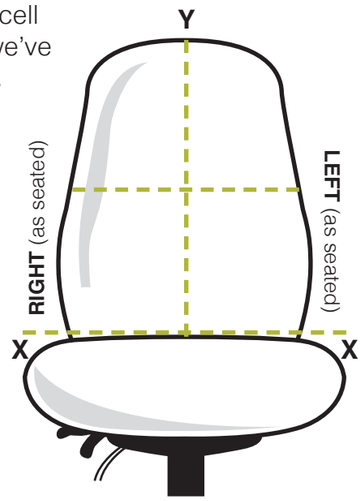
200 500 600 700

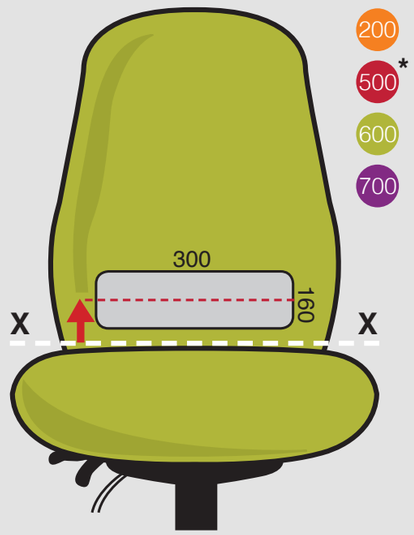
level 2 adaptations: Backrest Modifications

Once the backrest has been specified to fit using the easiSpec system, we can then create the perfect contouring with built-in adjustability, using a combination of air-cells and foam sculpting.
All chairs come with an inflatable lumbar cell as standard, so we've not shown it here.

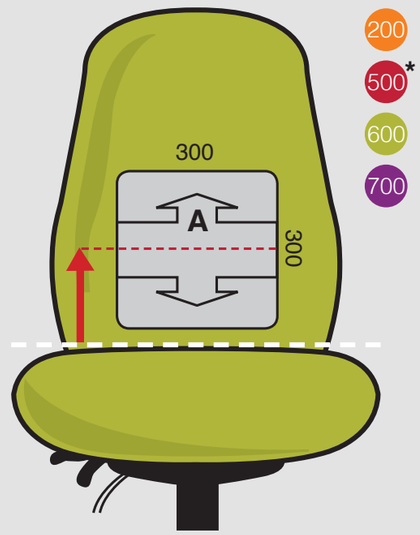
We'll even place it just where you need it on the adapt 200, 600 & 700 ranges

Here are some of our most popular and often specified modifications.

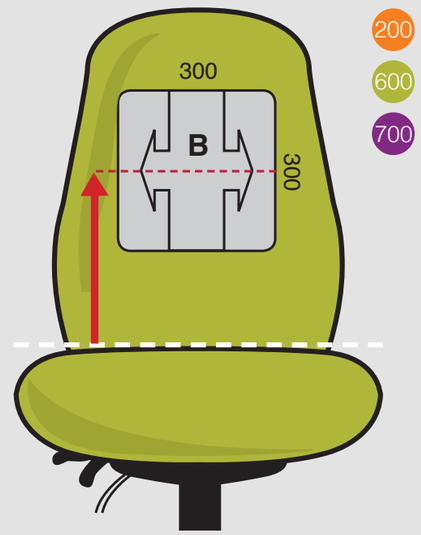




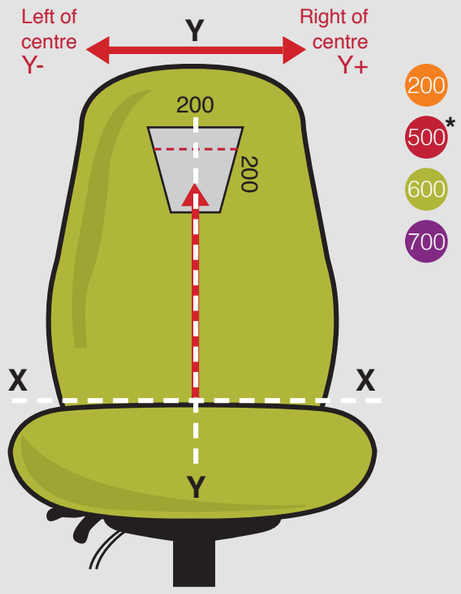
Sacral Cell
This option offers an inflatable support across the sacrum. Useful for Sciatic and Pelvic support issues.



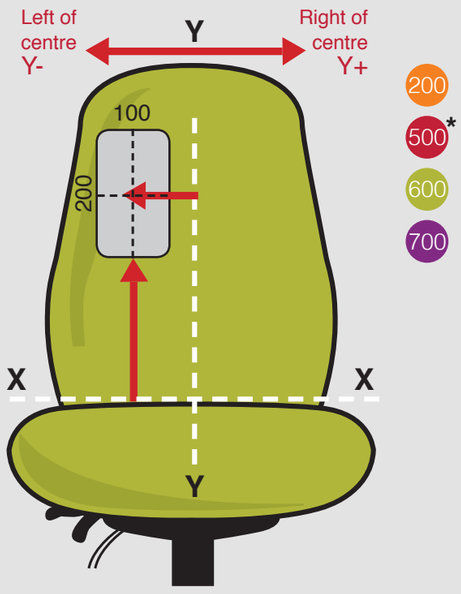
Reactive Lumbar Cell
This inflatable air-cell has three reactive chambers between which the air is squeezed when pressure is applied. Useful for a larger, gentler lumbar support.



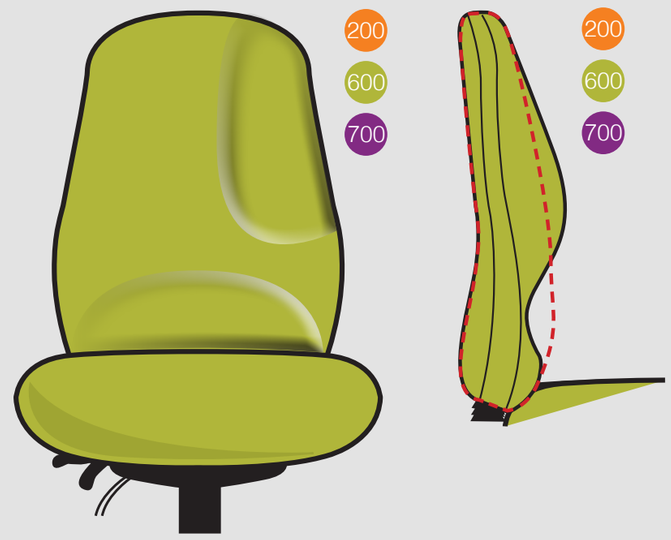
Reactive Vertical Cell
Placed vertically this reactive air-cell can help accommodate uneven contact across the back. Useful for Scoliosis and other spine formation issues.



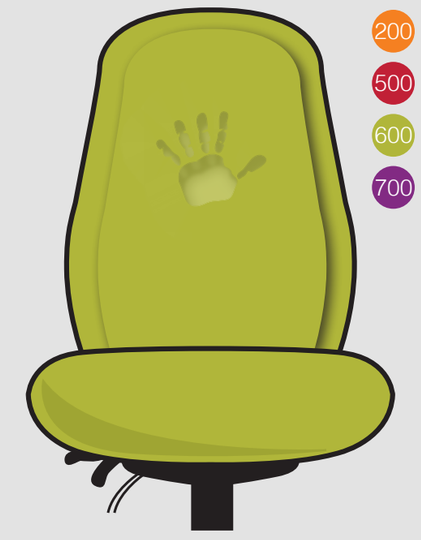
Thoracic Cell
As the name suggests, this air cell can be placed between the shoulder blades to offer thoracic support.



Vertical Support Cell
This air cell can be placed on either the left or right hand side (or both) to help accommodate a gap in back contact or offer general lateral support



Sculpted Back Foam
We can tailor, sculpt and shape the foam in our back rests to your specification. Examples shown here. We provide an easiSpec diagram template for you and offer guidance along the way.



Memory Foam Layer
For enhanced back rest moulding, we can build in a layer of memory foam with an optional further enhancement of a stitched cover to reduce surface tansion.

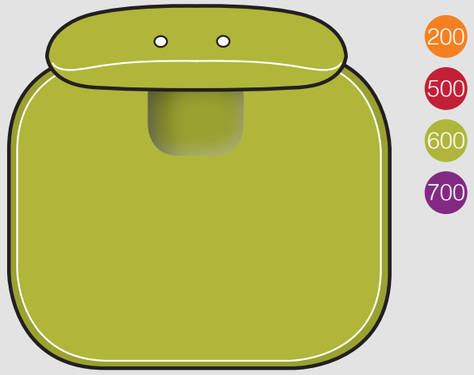
* Available in standard positioning only

level 2 adaptations: seat modifications

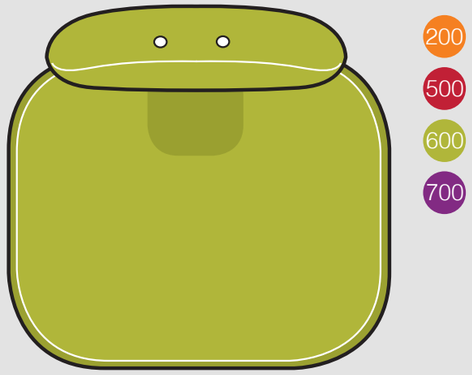
As with the back rests, once the seat is cut to size the adaptation begins.
We can offer everything from a basic air-cell insert to a fully-tailored solution, giving you unlimited levels of seat customisation.

All of our seats come with a memory-foam layer as standard: extra layers are easily added, bespoke cut-outs are available.

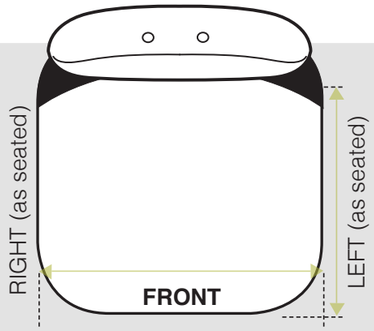
What happens next is up to you.

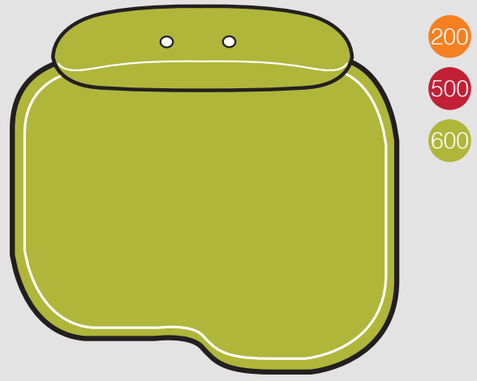


Coccyx Cut Out
This is the complete cut-out option for pressure relief around the coccyx area.
Approx. dimensions of cut-out:
140 mm L x 100 mm W
Bespoke cut-outs available.

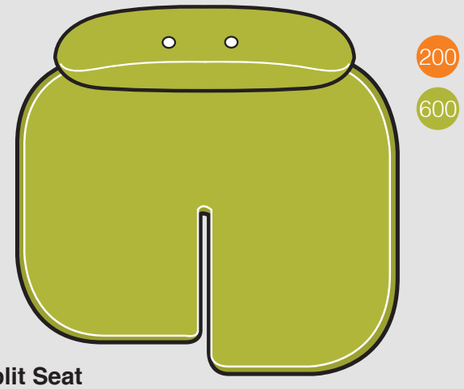


Coccyx Zone
For a slightly more subtle solution to coccyx issue, the coccyx zone provides an invisible relief zone.
Approx. dimensions of zone:
140 mm W x 100 mm W





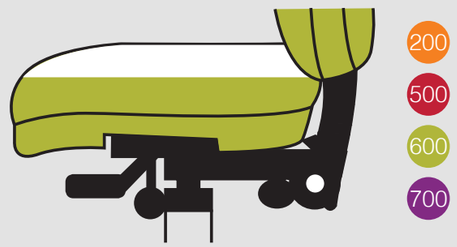
Wave Seat
We can cut the leading edge of the seat to reflect the differences with unequal thigh length. All we need are your measurements from the easiSpec assessment.
Minimum seat depth: 340 mm



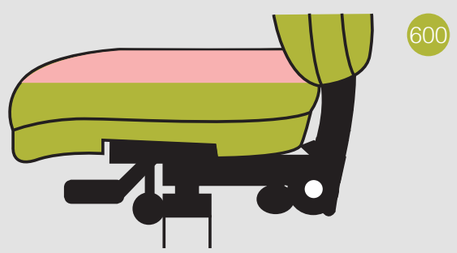
Split Seat
The Split Seat option has deflecting front sections and is ideal for cases where the thigh length differential is significant, for fused hip or knee joints or to help accommodate a prosthesis. We can custom-make this seat to your measurements.
Min overall depth: 450 mm Min width: 410 mm

Thigh Support
(Left, right or pair)
These inflatable air-cells can be used singly on the left or right side, or as a pair. Useful for muscle-wastage related conditions or to provide pressure relief through the middle of the seat.
Approx. cell size is 200 mm x 100 mm

Ergocore™ Seat Cell
This dual-chamber air-cell option sits inside the seat and provides a ‘reactive sit’ to gently activate your core and lower back muscles whilst cushioning your sit bones. Useful for sciatic relief and general core strengthening.
Approx. cell size: 380 mm W x 230 mm D



Extra Memory Foam Layer
We can add extra memory foam layers to any chair. Each layer is approx. 20 mm thick (non-compressed)



Super Memory Foam Seat
(adapt 600 only)
This high-density visco-elastic foam option offers superior levels of comfort as the seat conforms to you.
To enhance this further and get a softer sit, you can opt for a stitched seat cover.

* Available in standard size / positioning only

because people are not made to standard specifications...

...neither are our chairs

Our Adaptions™ range is constantly growing in response to each and every new challenge or project

So, if you don't see what you need within this book, come and talk to us…

easiSpec® includes a totally bespoke section, plus our in-house manufacturing and testing capability means we can go back to the drawing board and design something completely new!

ergochair®

www.ergochair.co.uk