

POSTURE & SEATING GUIDE

“Your comfort is our concern”

Correct posture is critical to our wellbeing and selecting your right seating option is a major decision. Good seating can help to prevent and correct the development of poor posture and some of the back and neck health problems associated with it.

Recent research on UK health performance, published 5th March 2013, indicates that one of the largest problems facing the UK today is the increasing number of people living with disabling back and neck disorders. The British Chiropractic Association have also experienced similar trends developing through their own, regularly commissioned, consumer research.



At Repose we believe in promoting active lives. For us this means working with our clients to develop seating solutions that support their lifestyle and that encourage positive posture.

We believe it is important to curtail the development of poor posture before it becomes permanent when it can negatively affect health and therefore become more difficult to provide a solution. Whilst we can instinctively make changes to our position it becomes more difficult when our abilities are reduced by illness or disability. It is essential that your choice of seating helps to maintain comfort and stability.

Utilising the latest frame mechanisms, innovation in pressure management and new fabric technology we are able to offer quality British crafted chairs that are tailored to fit the person.



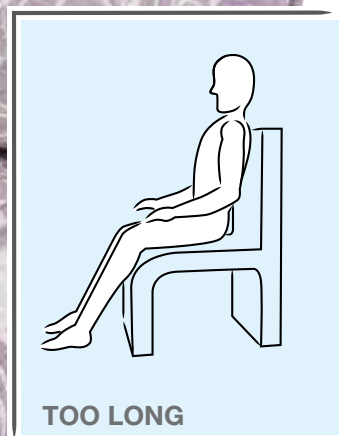
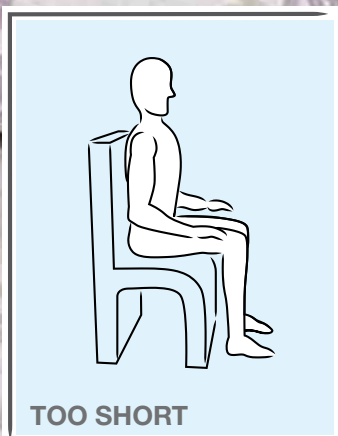
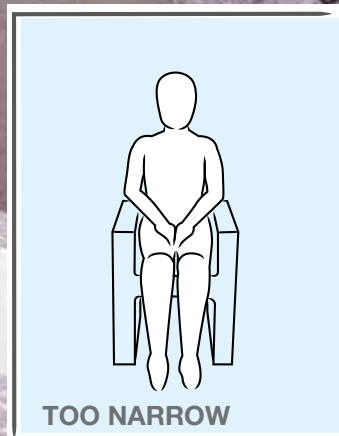
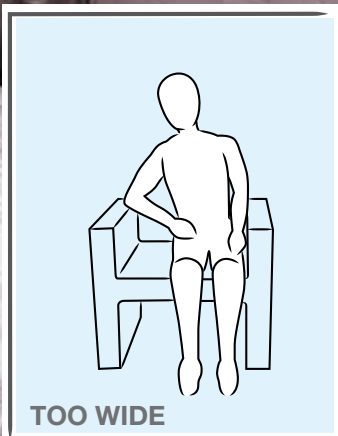
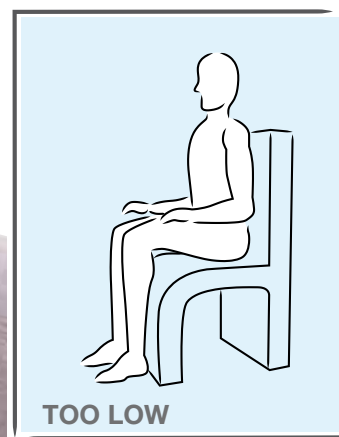
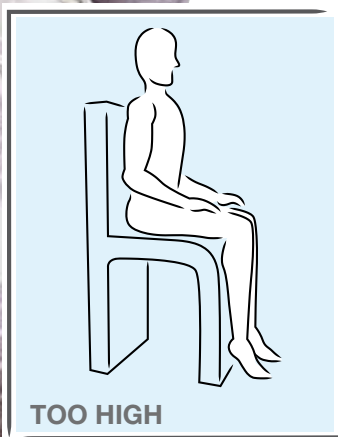
Repose | Specialist
Seating Solutions

COMFORT WITHOUT COMPROMISE

What Is Good Seating?

- It will ENABLE not DISABLE function
- It is comfortable, well ventilated and allows the user maximum stability
- It should provide effective pressure relief
- It should be easy to maintain and durable
- It should be well fitted to encourage good posture, pressure management, care and comfort.

The achievement of 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

Too High - and the seat is difficult to get into and provides no support for the feet. This can lead to deformities (foot) and encourages the user to slouch so they can rest their feet.

Too Low - and an individual's body weight is supported on a smaller area which leads to more pressure on the coccyx and buttocks. The individual's knees and thighs will lift off the seat surface increasing pressure on a smaller area of the buttocks and bony prominences.

Correct Seat Width

Too Wide - and the seat offers no support or stability as the body will lean to one side causing imbalance in pressure. The arm rests will be out of reach and since these are crucial to stability the user will lean and shift position to fill the space causing unbalanced pressure distribution.

Too Narrow - and there is an increased risk of pressure to the trochanter area on the outer thigh as well as difficulty getting in and out of the chair.

Correct Seat Depth

Too Short - and only a small area of the buttocks is supported giving a smaller area of higher pressure on the buttocks and thighs rather than an evenly distributed area at lower pressure levels, this can lead to pressure damage.

Too Long - and the user will need to slouch down to get foot support for stability. This position puts pressure on the heels and sacral area and can inhibit circulation to the lower limbs.

Why is a specialist or bespoke chair required?

When choosing your chair think about:

- Is it to give improved support and comfort?
- Is it to ease getting in and out of the seating?
- Is there a need to elevate the lower legs when sitting?
- Is there a requirement to improve or accommodate correctly any specific postural or healthcare problems?

Emphasis should be placed on the chair fitting the user/users correctly when deciding upon chair sizing and accessories. Issues around pressure care, moving and handling and infection control issues should also be considered and addressed.

The chair should provide long term comfort and adequate lumbar support, ensuring good pressure distribution of body weight and enabling the user to rise from the chair easily.

Repose have the skills and technical ability to build bespoke chairs designed around your specific requirements.



Good Seating Assessment

Measurements needed for a well fitting chair design:

Seat Height – floor to top of seat cushion measurement with a thigh to lower leg angle of 90 degrees where possible. Your feet should ideally be positioned flat on the floor in the type of footwear normally worn when relaxing with a right angle bend at the knees to allow the upper leg to rest fully and flat on the seat cushion.

To achieve the ideal chair height, measure the user's lower leg length from the floor to approx 1" below the back of the knee joint.

Seat Depth – the measurement is from the front of the seat cushion to the backrest of the chair. The seat cushion should be deep enough to support the entire length of the upper leg to the back of the knee without the seat cushion putting pressure on the back of the calf. To achieve the ideal chair depth measure the user's back from the back of the bottom to back of knee and then deduct 1" from this measurement.

Seat Width – the internal width of the seat between the armrests. To achieve the ideal chair width measure the widest point of the users hips plus 0.5" to allow for thicker clothing.

Back Height – the measurement is from the top edge of the seat cushion, located at the back of the seat cushion, to the top of the backrest cushions. Make sure that the users head sits comfortably on the back cushion.

Arm Height – the measurement is from the top of the seat cushion to the top of the armrest. The arms should ideally rest comfortably on the arm rests, with the arms bent at 90 degrees and with the shoulders in a relaxed, level position.



"I mean this is just perfect – I'd have one in my house today. This would be ideal as it deals with my knee, getting up and back pain problems. This would be ideal for anyone with arthritis."

Just one of the quotes from a nurse about our Multi C-air chair in our recent Usability Test 2013

COMFORT IS OUR CONCERN

Essential Elements of Good Seating

Dynamic seating has a range of adjustments to tailor the chair to the user's physical requirements which enables posture and pressure distribution to be adjusted throughout the day to prevent pressure build up and encourage circulation.

These include:

- Tilt-in-space
- Back angle recline
- Elevating foot or leg rest
- Riser facility
- Vertical riser function

More detailed information on the functionality of the different motions, built into the full range of Repose seating, is available as separate downloads or can be viewed on line at www.reposefurniture.co.uk

A correctly fitted seat assists:

- Best Achievable Posture
- Pressure Relief
- Functional Ability e.g. ease of transfer out of the chair
- Maximum Comfort



Specialist
Seating Solutions

Repose Furniture Ltd.

Attwood House, Cokeland Place
Cradley Heath, West Midlands
B64 6AN
Tel: 0844 7766001
Fax: 0844 7766002
Email: info@reposefurniture.co.uk
www.reposefurniture.co.uk

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