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HEALTHCARE EQUIPMENT

RECLINER SEATING SIZING GUIDE

To be comfortable and effective, a lift and recline chair should give support where it's needed, so it is essential that the chair is appropriately sized. Below are some general rules to assist you in establishing which chairs might be appropriate for the user.

KEY CONSIDERATIONS

To help determine the most appropriate options to trial, first consider:

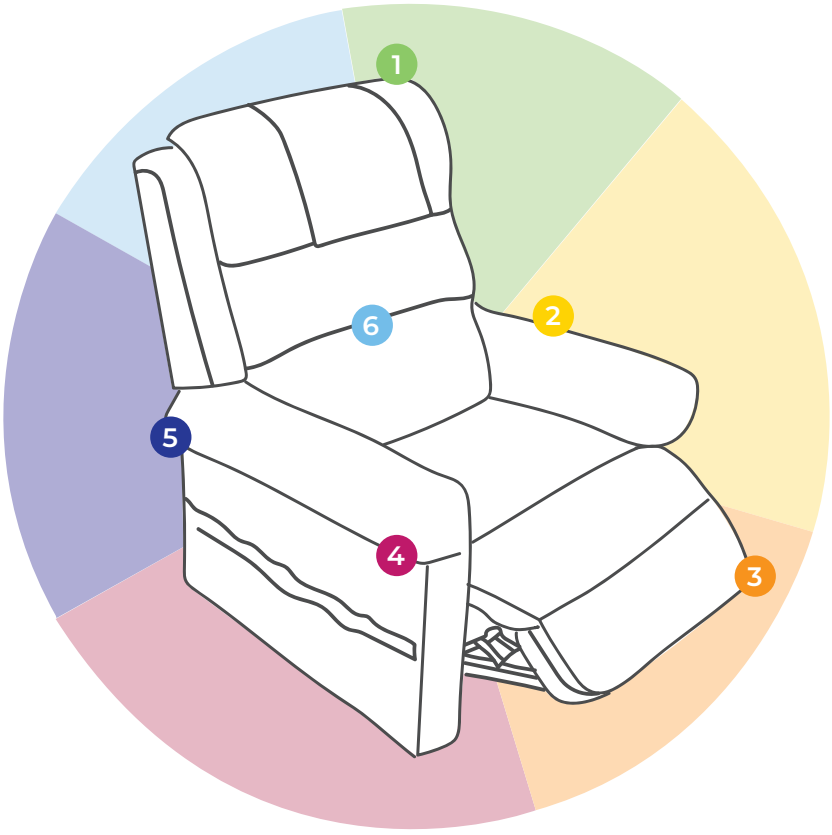
Weight
The user's weight must not exceed the SWL of the lift recline chair. A ten percent buffer is a good way to ensure the chair can accommodate any fluctuations in weight.

Height
Overall height of the user will have an impact on backrest height, seat height, depth and leg rest on the chosen chair.

Cognition
Does the user require fewer actions (ie 1 motor) or a simplified handset?

Positioning and adjustability
What does the user want to be able to achieve with their chair in terms of positioning? Head tilt, lumbar support, zero gravity, circulation, pain management, depth and the ability to fully recline the chair (ie 2+ motor).

Space
Is a Spacesaver model required to fit a small living room or bedroom space?



6 KEY MEASUREMENTS

1. Back Height
2. Armrest Height
3. Heel Placement
4. Seat Height
5. Seat Depth
6. Seat Width

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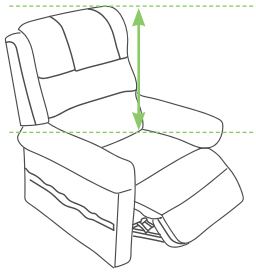
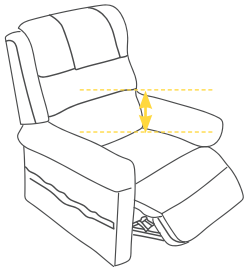


1 Back Rest Height

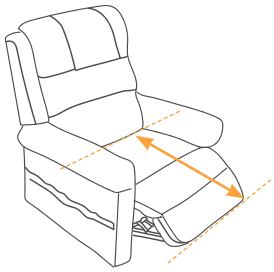
The backrest should be high enough to support the user's whole back and head even when reclined.



2 Armrest Height

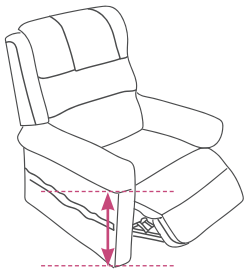
The users elbows should be slightly bent and sit comfortably on the armrest without any lift at the shoulders.

If the armrest is too high, it will cause the shoulders to elevate and may cause stiffness. If the armrest height is too low, it may cause the user to lean to one side creating additional pressure through one sitting bone (ischial tuberosity).



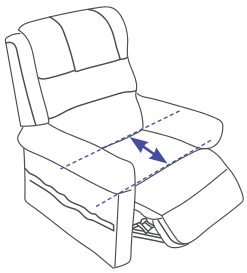
3 Heel Placement

When the persons legs are elevated, the leg rest should support the whole length of the leg but not make contact with the heels. The leg rest should reach the back of the ankle in line with the ankle bone to avoid any undue pressure on the heel. It may be possible to remove leg rest extension on some models if required to meet individual needs.



4 Seat Height

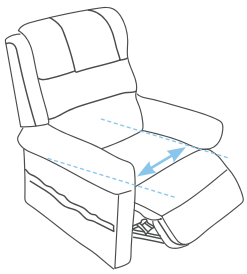
When seated in the chair, the person should be able to sit with their bottom fully against the backrest. Their thighs should be supported and level along the seat surface with their feet flat on the floor for stable and safe balance.



5 Seat Depth

The depth of the chair should allow the person to sit with their bottom well back and their feet flat on the floor without causing undue pressure behind their knee or calf.

If the seat depth is too long, this might cause the user to slide forward into posterior pelvic tilt, causing undue pressure on the sacrum and additional friction and shear.



6 Seat Width

The seat should be wide enough so that there is at least a vertical hand width down either side of the chair to avoid contact between and the thighs. It should not be so wide that it may cause the user to lean over to one side in search of the armrest as this can cause undue pressure through one sitting bone (ischial tuberosity).

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