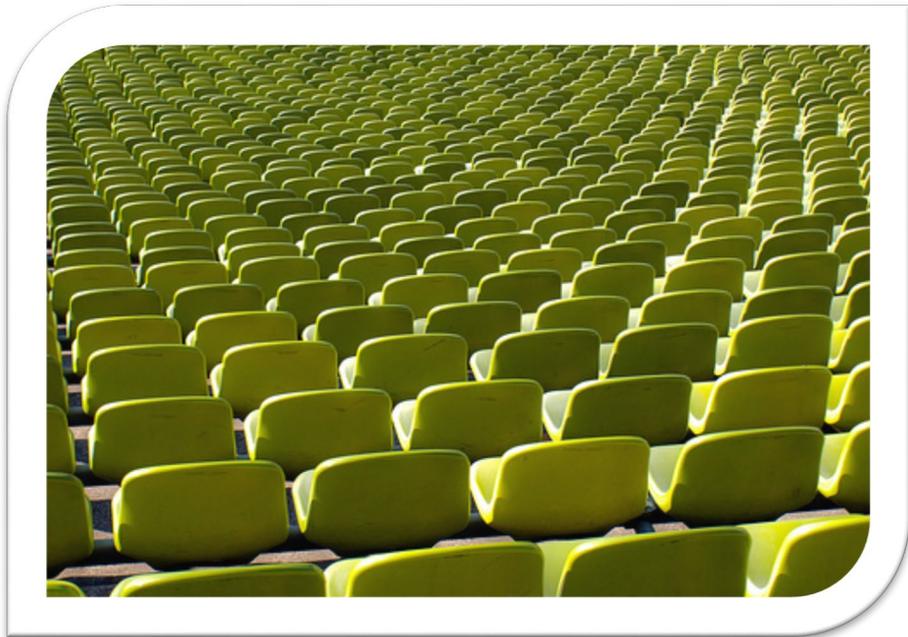


TAKE A SEAT: ADAPTIVE POSTURE SUPPORT SEATING & POSITIONING CHAIRS

Correct posture minimizes strain on your body by balancing your weight across your bones and muscles. [Poor posture, on the other hand, can:](#)

- make your spine more fragile and prone to injury;
- cause neck, shoulder, and back pain;
- affect how well your joints move;
- make it harder to digest food; and
- make it harder to breathe.



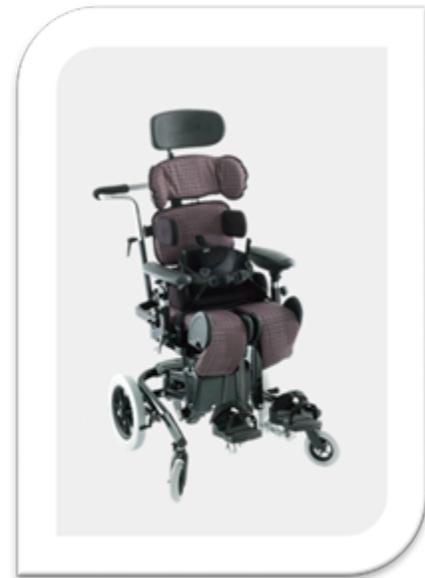
Whether at work, driving or riding to-and-fro, sitting at the table for dinner, or lounging around watching television, most of us sit for many hours a day. Maintaining correct posture while sitting is important to avoid the negative effects of poor posture.

If you have a neuromuscular disability such as multiple sclerosis or Parkinson's disease; a traumatic injury such as a brain or spinal cord injury; rheumatoid arthritis; or another disability that makes it difficult for you to position yourself in a standard chair, you may want to consider an adaptive posture support seating and positioning chair. The chairs highlighted in this guide are designed to assist you in sitting upright correctly and independently, in remaining seated for longer periods of time without developing or aggravating existing pressure sores, and/or in rising progressively and more securely from a seated position.

Postural Support Chairs

There are several chairs on the market that can help you maintain proper posture and positioning by providing you with additional stability. [Leckey's KIT Seating System \(Size 2\)](#) is one example. This adjustable, modular chair can help you sit more securely upright. With a weight capacity of 165 pounds, it can help stabilize your pelvis, align your trunk and head, and position your legs and feet through the following features:

- 3-Part Backrest – the backrest consists of (1) adjustable lateral pads that help to position you on the back rest to achieve more even distribution of pressure across your back to support and stabilize it, (2) a shoulder protraction system which wraps around your shoulder girdle (i.e., your clavicle and scapula) and steadies it to assist you in performing various functional tasks such as writing, texting on a mobile device, flipping pages of a book, etc., and (3) a contoured headrest to secure and support your head.
- Hip and Sacral Pads – the hip pads can be adjusted for height, angle, and width to accommodate your unique body shape, and the sacral pad helps to properly align your pelvis (sacral refers to the part of your spinal column that is directly connected with or forms a part of your pelvis).
- Pelvic Cradle – the cradle seat provides base support for your trunk by wrapping around your buttocks and the posterior of your pelvis to assist you in maintaining an upright posture.
- Multi-Positional Leg Guides – the leg guides help you position and secure your legs to accommodate leg length differences.
- Footplates – the footplates can be adjusted to fit the size and angle of your feet.



Leckey's KIT Seating System (Size 2)



Another example of a postural support chair is the [Monaco](#). It features:

- Angle-Adjustable Seat – the seat angle can be adjusted to reduce the likelihood of sliding off your chair.
 - Memory Foam Seat Cushion – the seat is designed to distribute your weight more evenly to provide you with greater comfort.
 - Sliding Footplate – the footplate can be pulled out so you can rest your feet on top of it or pushed back in case you do not need it.
 - Electric Handset – the handset has push buttons that allow you to adjust the angles of the seat and back of the chair.
- Swivel Castors – the castors allow you or a caretaker to move the chair when needed or to lock it in place with brakes that are attached to the castors.

If you need even more support, you can add the following accessories to your Monaco:

- Horseshoe Pillow – the pillow fits over your shoulders to provide you with additional head and neck support.
- Lateral Supports – these supports are designed to help you sit upright if you tend to lean to one side or need additional trunk support.
- Chest-Positioning Harness – the harness, which features adjustment tabs and a non-slip surface, is designed to properly position your upper body.
- Seatbelt – the seatbelt provides you with an extra measure of safety during transit and additional support if you have a tendency to slide out of your chair or occasionally have seizures.
- Variable-Angle Leg Rest – the leg rest allows you to elevate your legs to help relieve/reduce swelling in your legs and feet.

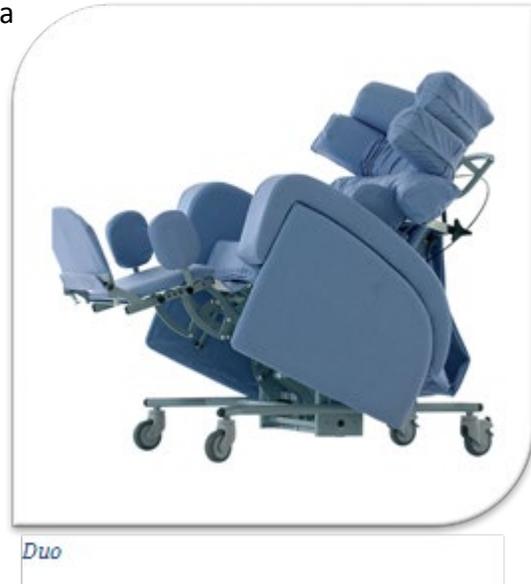
Postural Support and Pressure Management Chairs

Some disabilities can put you at a greater risk of developing a [secondary condition](#). For example, if you have limited mobility as a result of your disability and spend long stretches of time sitting in a chair or wheelchair, you may be more likely to develop the secondary condition of [pressure sores](#). Also known as pressure ulcers, bed sores, or decubitus ulcers, pressure sores are areas of damaged skin brought on by staying in one position for long periods of time. They typically develop in areas where your bones are close to your skin such as your ankles, back, elbows, heels, and hips.

One way to prevent pressure sores is to [relieve pressure](#) from target areas such as your back and hips and spread it out across your body. You may find a tilt-in-space postural support and

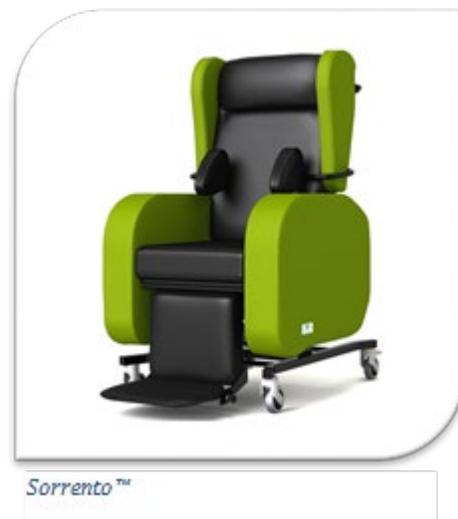
pressure management chair helpful. You can tilt the chair back as a unit, which can relieve pressure off your bottom and redistribute it evenly across your back while maintaining all of the desired postural supports for head, neck, shoulders, hips, etc.

One example of a tilt-in-space chair is the [Duo](#) chair, a multi-positioning seating system that provides both postural and pressure relief. With regulated motion technology, you can program the chair to automatically move through various tilt positions at regular intervals. Or if you prefer, you can change through the tilt positions manually or electronically (using a handset) whenever you desire. In addition to the tilt-in-space mechanism, the Duo chair also features:



- Split-Wing Headrest – the headrest split-wing design features 2 lateral wing supports on each side that can be adjusted independently—offering you flexibility in providing maximum support to your head, neck, and shoulders.
- Adjustable Supports – the adjustable seat, backrest, armrests, and footrest allow you to customize them to your body to provide you with maximum support.
- Pressure-Relieving Seat Options – the seat comes in gel or foam depending on your preference (both contour to the shape of your body and spread your weight more evenly).

Another seating option that provides postural support and pressure management is the [Sorrento](#). The multi-adjustable, tilt-in-space powered version of the chair may be suitable for you if you remain seated for long periods of time. The Sorrento features:



- Adjustable Lateral Supports – the supports provide you with increased postural alignment and trunk stability.
- Adjustable Back Angle Recliner – the recliner allows you to recline from 90 degrees to 130 degrees.
- Removable Armrests – the width of the armrests can be adjusted to fit the width of your body and can be removed in case you need to transfer from the Sorrento to another chair.

- Reflex Foam Seat Cushion – the cushion is made of reflex foam and multi-stretch material that provides greater pressure distribution.
- Elevating Leg Rest and Adjustable Footboard – the leg rest and footboard are designed to accommodate various foot positions.
- Tilt Mechanism – the mechanism will keep all of the chair’s angles the same while tilting you back, allowing your weight to be spread throughout your body and reducing pressure on a specific target area (e.g., back, hips, etc.).
- Handset – the handset comprises push buttons so you can activate the tilt mechanism, as well as adjust the angle of the back recline, leg rest, and footboard.
- Push Handle and Castors – the handle and castors allow you to move the chair as needed.

A manual model of the Sorento is also available. Instead of a handset, this model features manual controls to adjust the tilt, back recline, leg rest, and footboard.

Powered Lift Chairs

You may not experience any pain or discomfort while seated, but you may be among the millions who find it difficult to rise from a seated position. Rheumatoid arthritis, osteoarthritis (degenerative joint disease), Polymyositis (inflammation of the muscles), and Parkinson's disease are just a few examples of illnesses that can cause muscle weakness, stiffness, and aches, making it difficult if not painful to rise from a seated position. If you are among this group, adaptive chairs such as powered lift chairs are available to help you transition from the sit-to-stand position with greater ease and independence.

One option is the [Golden Technologies Capri Two-Way Lift Chair \(Model PR200\)](#). In addition to providing lift support for up to 325 pounds, this powered lift chair offers two sitting positions: you can either sit up straight with the chair back upright, or you can recline slightly back for comfortable TV viewing or napping. The chair features:

- High Chair Back – the 27-inch-high chair back with a plush button-back pillow and lumbar support helps to support your head, neck, and total back.
- Deep Seat – the 20-inch-wide and 19-inch-deep seat is filled with sag-resistant filler material to provide added support for your bottom.
- Automated Footrest – the footrest automatically rises, reducing strain on your back and legs as you recline the chair.
- Two-Button Hand Controller – the controller allows you to hold down the down button or the up button to recline the chair or return it to a seated position, respectively. If you



Golden Technologies Capri Two-Way Lift Chair (Model PR200)

continue to hold down the up button, the seat will move past the seated position and start to lift, enabling you to rise out of the chair independently. If you need help lowering yourself into the chair, lean against the lifted seat and hold down the down button until you and the seat are fully in the seated position. You can stop the chair's lift or recline at any time by releasing the selected button.

Another type of recliner is the [zero-gravity recliner](#), which allows you to maintain a zero-gravity position. In this position, your legs are elevated above your heart, which helps your spine maintain its proper S-curve and relieves your lower back of virtually all pressure. [Zero-gravity technology](#), originally invented by NASA, is designed to replicate the weightless conditions of outer space so that your body experiences an absolute minimum of internal and external stresses.

The zero-gravity position may provide you with numerous health benefits. It may help to:

- improve your circulation to minimize stress on your heart, leaving you with less muscle fatigue;
- expand your lung capacity to ease your breathing and boost your oxygen levels;
- reduce swelling in your legs if you have edema;
- ease pain you may have due to varicose veins; and
- relieve pain you may have in your back or neck.

One example of a zero-gravity recliner that also offers lift support is the [Power Cloud Lift Chair with MaxiComfort \(Model PR512\)](#). With a weight capacity of 375 pounds, the Power Cloud features:

- Powered Head Pillow – the pillow allows you to raise or lower it by remote control to comfortably position your head and neck.
- Full Lift Support – the lift feature allows you to slowly rise from a seated to a standing position with the touch of one switch.
- Deep Seat Cushion – the 20-inch-wide and 21-inch-deep seat cushion filled with sag-resistant filler material is designed to better support your bottom than standard seat sizes.
- Ottoman with Full Chaise Padding – the chair allows you to elevate or lower the footrest independent from the chair's back and headrest.



Power Cloud Lift Chair with MaxiComfort (Model PR512)

For More Information

[Contact us](#) at AbleData for more information on the products mentioned in this guide and others that may help you sit more soundly and comfortably.

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