

## CHOOSING A CHAIR CHECKLIST

Ensure the chair you are purchasing meets the following criteria for you:-

Head, neck and shoulders are well supported.	
The back support is comfortable supporting the 'S' shape of your spine.	
The arm rests allow you to rest your elbows comfortably at right angles.	
The seat should be firm and flat.	
Your bottom should be at the back of the chair without the cushion pressing behind your knee.	
When sitting in the chair your hips and knees should all rest comfortably at 90°. Your feet should rest flat on the floor.	
The material cover should meet your needs e.g. breathable or waterproof. The chair should meet fire safety standards.	

## THERAPIST'S RECOMMENDATIONS

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For more information, you can contact an Occupational Therapist on one of the numbers below:-

### Worcestershire Royal Hospital

Medicine/Surgery	01905 760667
Trauma and Orthopaedics	01905 760170
Aconbury West	01905 760683
Aconbury East	01905 760325
Highfield Unit	01905 760462

**Alexandra Hospital**  
01527 512146

**Kidderminster Hospital**  
01562 823424 ext. 53556

## OCCUPATIONAL THERAPY DEPARTMENT

Choosing a Chair  
General Guidance

Patient Information

## WHY YOUR CHAIR IS IMPORTANT

A good sitting position is important for a number of reasons, not only for comfort and avoiding back pain, but for good breathing and good digestion.

Poor posture can place more stress on the back than when standing or lying down, so it is important that you are well supported and comfortable when sitting and that you can get in and out of your chair without difficulty.

Whatever your age or ability, the size, shape and height of your chair can influence how comfortable you are and how easy it is for you to get in and out of your chair.

Having an appropriate chair is the key to being able to relax in comfort.

## WHAT TO AVOID



### Too Soft

- No support in base of chair.
- No back support.
- This causes poor posture.

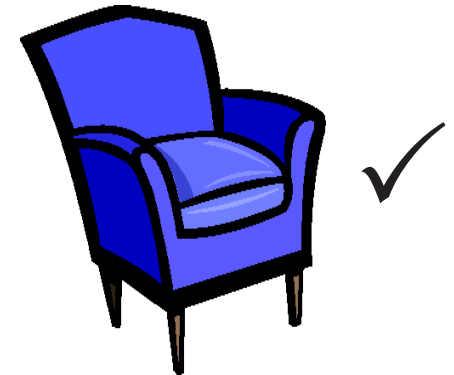
### Too Low

- No support for thighs.
- A lot of pressure on the bottom.
- This causes slouching and makes it difficult to get up from the chair.

### Too High

- There is pressure on the thighs.
- If arm rests are too high or too low it is difficult to push up from the chair.

## WHAT TO LOOK FOR



### Arm Rests

- Should allow your elbows to rest at a comfortable right angle making it easier to push into standing.

### Seat

- Your bottom should reach the back of the seat, without the cushion pressing behind your knees.
- The seat should be firm and horizontal, not sloping.

### Suitable Height

- Aim for your hips and knees to rest at right angles with your feet flat on the floor.
- This reduces pressure on the back of the thighs making it easier to stand up.

### Support

- The support in the chair maintains the natural curve of your spine.
- Good support for your head, neck and shoulders.