

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



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Too Soft

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

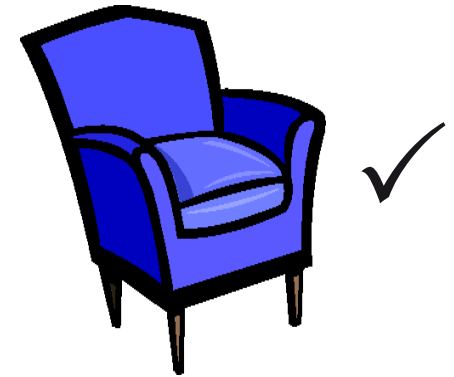
Too Low

- 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.