10 **ESSENTIAL** CHAIR CHECKS

1. LOAD THE BODY

Fully loading the body is essential to redistribute pressure off bony areas at risk of pressure injuries. Think about loading the head, trunk, legs, arms and feet of the patient.

2. SUPPORT THE PELVIS

Always start with the pelvis when assessing seating and positioning as the pelvis provides the base of support for the patient.
Tip: The width of your hand should fit easily between the patient and side of the chair.

3. SUPPORT THE FEMURS

Ensure the seat depth enables adequate loading of the thigh to manage pressure and reduce the risk of sliding.
Tip: Leave the width of two fingers between the edge of the seat and the back of the leg.

4. LOAD THE FEET

Did you know that 19% of our body weight goes through our feet? Loading the feet reduces sliding, encourages even weight distribution and provides proprioceptive feedback. A footplate is **essential**.

5. SUPPORT THE TRUNK

Try to ensure the patient in the chair maintains a midline postural position. If the client has flexible or partially flexible posture it may be possible to correct or partially correct their posture with support.

6. SUPPORT THE HEAD

Where possible the head should be balanced and aligned above the hips. If head control is absent or poor this can be achieved by the use of head supports and pillows.

7. SUPPORT THE ARMS

Ensure the arms of the chair are at the correct height and are fitted close to the trunk to support a midline posture, providing lateral support and stability. which encourages function.

8. USE OF TILT IN SPACE

Tilt in space should be used to facilitate a change in position providing pressure redistribution in patients with limited or no mobility, providing comfort for resting when fatigue sets in as well as alleviating kyphotic/flexed postures.

9. SUPPORT HAMSTRINGS

It is vital to accommodate tight hamstrings which are commonly overlooked in seating. Always check hamstring range and set the leg rest appropriately to prevent sliding.

10. APPROPRIATE CUSHION

Patient surfaces should allow for immersion and envelopment to facilitate max. pressure management in seating. Where possible ensure there is nothing between the patient and the cushion.

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