



# Etac Cross 3A back support

Shape Up the body support

 **etac**<sup>®</sup>

# Etac Cross 3A back support

Made to fulfill the toughest positioning targets of dedicated rehab professionals.

## Reach your positioning targets

There is no other back support like the Cross 3A. Explore the possibilities and discover how your positioning targets are being achieved without using expensive back support systems. Customize the shape and support directly, with the user positioned in the wheelchair. You will get instant feedback and can always reshape the support as needs change.

Proximal stability is the starting point to postural control. The Cross 3A Back Support is a tool meeting your positioning targets, based on the users individual abilities and body shape. To seek ability and improving mobility and activity. This is what we call Ability Based Seating™.

Thank you for shaping up!

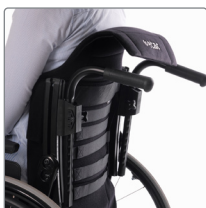


## Features



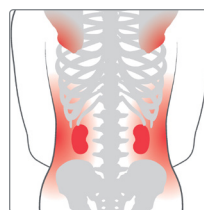
### How to Shape Up

Poor posture takes out all of our energy. To cope with being active, being seated in a wheelchair requires proper back support. Learn more about how to use the Cross 3A back settings on the following pages. Let´s shape up!



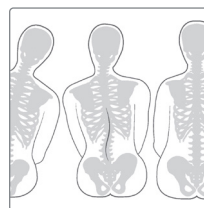
### Achieving proximal stability is core

Creating a sufficient pelvic support is the first step towards proximal stability. The seat to back angle and lower back straps are the core settings to stabilize the pelvis.



### Sitting tolerance

The Cross 3A back support offers adjustments for a supportive well balanced back support. It is covered by a resilient high density foam cover which evens out the pressure. No peak pressure on sensitive zones – an important condition for improving the user´s sitting tolerance over time.



### Ability Based Seating™

By an ability based approach we seek to strengthen the user´s abilities. Providing a supportive position in balance, improves the activity level. Ability is precious. Use it or lose it. Enable it and improve it.

## Etac Cross 3A Back Support – with excellent adaptability

The design of a back support is important in order to provide maximum support, sitting tolerance over time and freedom of movement. A well balanced position also reduces the risk of sliding. The Cross 3A back support has several smart adjustment options providing excellent adaptability. The combination of seat to back and lumbar angle adjustments enable various positioning options.

3A stands for Angulus, Altitudo and Altus – the Latin words for angle, height and depth. Below are some examples of what you can achieve with the Etac 3A back support settings.



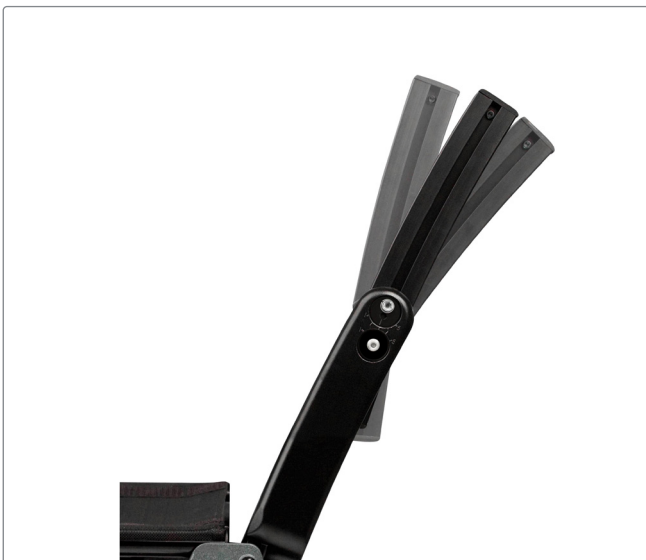
**Adjustable back support height**

Adjustable between 32 - 45 cm (12" – 17½")



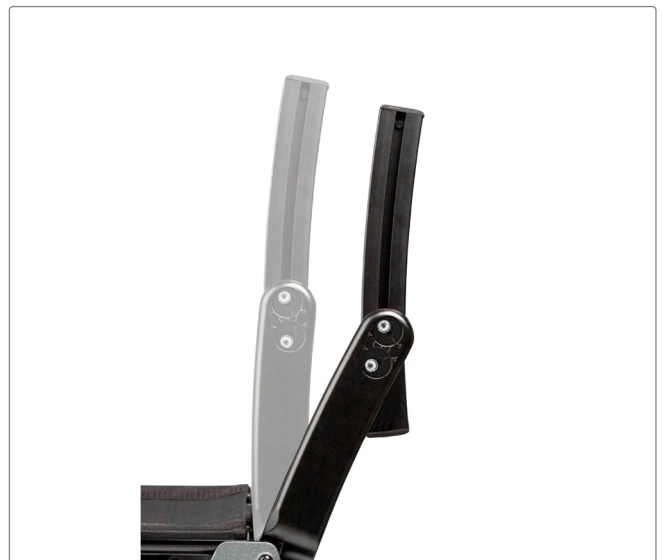
**Adjustable seat to back angle (hip)**

Adjustable between -5° to +20° (-2" – 7¾")



**Adjustable lumbar angle**

Adjustable -8° to +18° (-3¾" – 7")



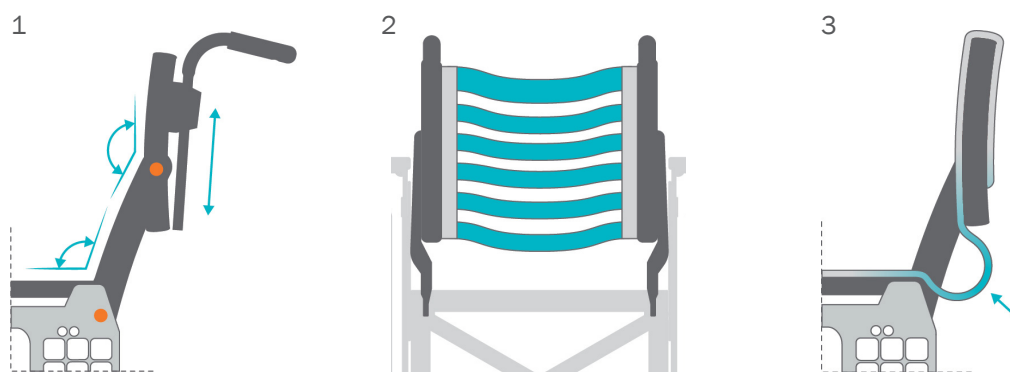
**Adjustable seat depth**

Add 7 cm (2¾")

# Shaping up the back support

The angle settings and the tension adjustable Velcro straps cooperate and are highly dependent on each other. The back support should provide the user with a well-balanced upper body, from the buttocks to the head. A contoured seat cushion is a good complement.

Here follows a guide of how to "Shape up" the Cross 3A back support, step by step.



## Preparation

Start by presetting the height and angles (1). Slacken the Velcro straps (2) Place the back cover so that a fold is formed between the back and the seat (3). Place the cushion on the seat and let the user sit in the wheelchair. Now, all settings can be made without the user having to move to and from the wheelchair.



## The back support height

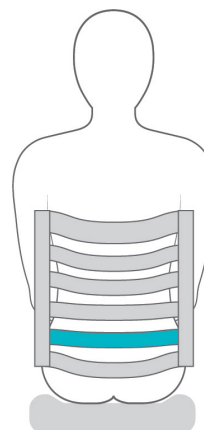
A good starting point for the height adjustment is to ensure that the user's shoulder blades are free to facilitate thoracic and arm mobility. Measure the distance from the seat base to the shoulder blade. Remember to include the cushion when adjusting the back support height.

## Lower back support adjustment

The lower seat to back angle setting affects the pelvic position. Set the angle to ensure a stable and comfortable pelvic position for the user. Consider the user's sitting tolerance over time.

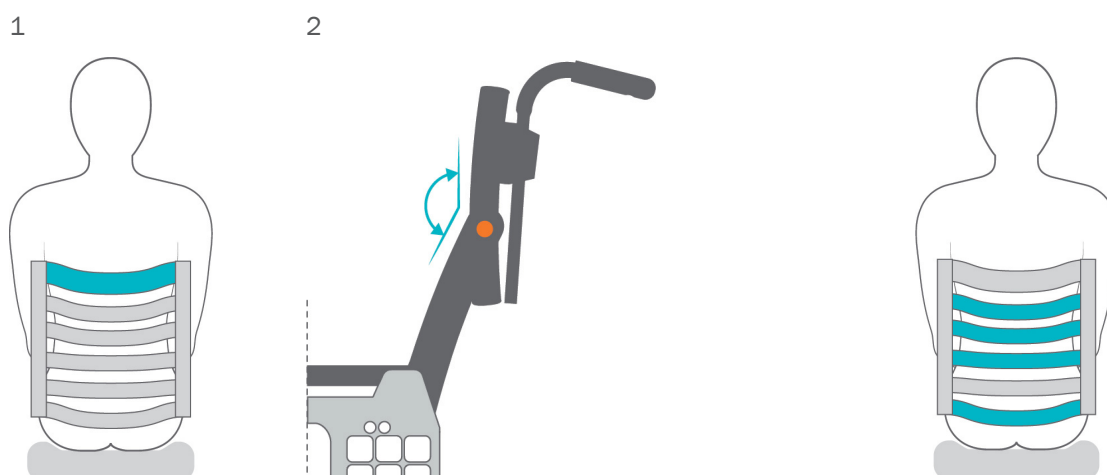
## Lower back straps

The lower straps should provide space for the buttocks. The strap in line with the upper edge of the pelvis (in height with PSIS) should be tensioned to support and counteract an involuntary pelvic tilt.



## Balance and support for the thoracic back

The thoracic back has a tendency to flex. Moving the center of gravity backwards as well as providing space and support with the Velcro strap adjustments improves postural control and prevents the user from sliding forwards.



## Lumbar angle adjustment and the top Velcro strap

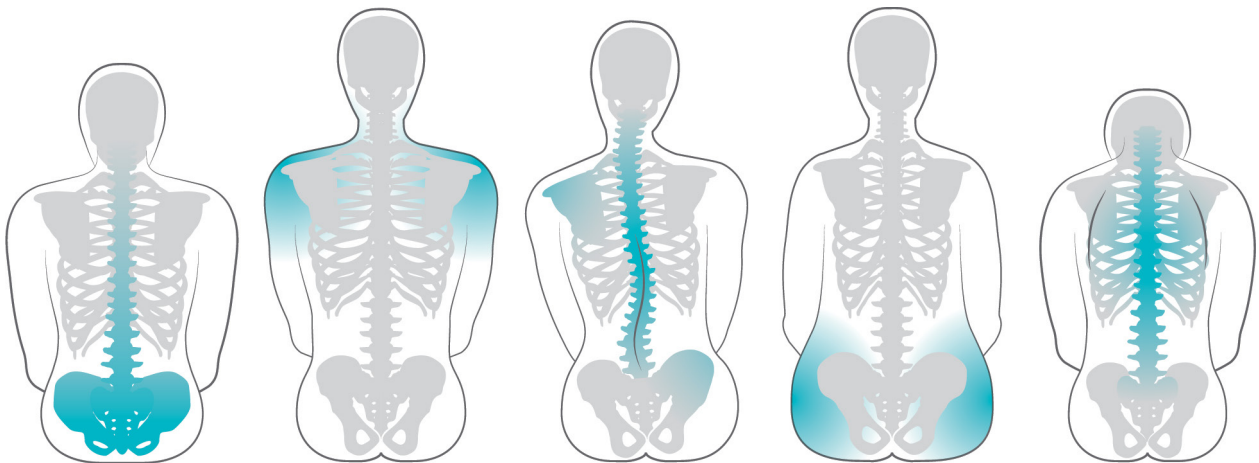
These two settings directly affect the thoracic back, center of gravity and indirectly the head position. If the strap is slackened, the lateral support will increase (1). Adjusting the lumbar angle backwards, moves the user's back posteriorly and thus also the center of gravity (2). Test and try the correct combination of lumbar angle and strap tension.

## Remaining back straps

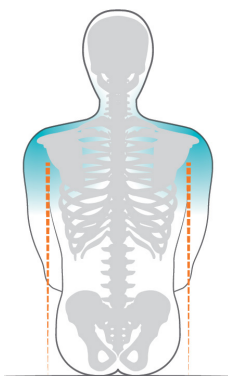
When support and shape for the pelvis and the thoracic back is complete, the back support settings are finalized by adjusting the remaining straps. Set them gently towards the user's back to even out the pressure. The lowest strap should have a loose tension to allow sufficient space for the buttocks.

# Shape up

The result of a wheelchair assessment lies in your hands as a rehab professional. It is with the user seated in the wheelchair that the position can be fine tuned. So shape up, test and try. What is adjusted can always be readjusted. Use your hands and improve function! Get inspired from the different postures below.



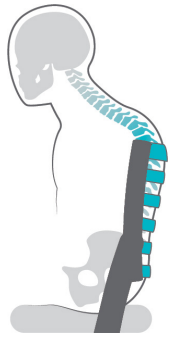
Follow the principals of how to “Shape up” the Cross 3A back support. Use our smart but simple accessories to accommodate for the different posture needs.



## Broad shoulders

To broaden the upper back support, attach the width extending side stops (1) and place the plush wedges (2) as far out as possible. If necessary, attach two pairs of side stops, with the widest pair on top and use the long plush wedges (2).



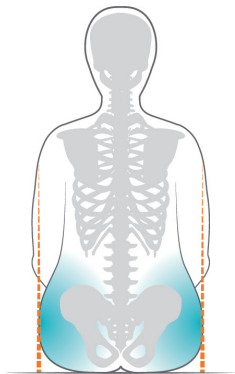
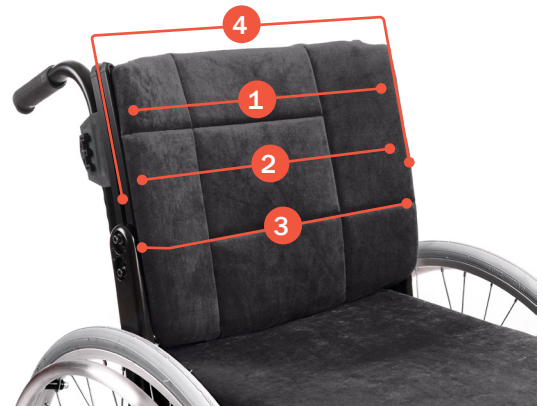


## Kyphosis

To accommodate for a kyphosis, you need to create space with the Velcro straps. Be sure to harmonize the seat to back strap level angle with the pelvis position and tighten the strap level with PSIS.

To add lateral support, use the plush wedges (1). Also the small cell foam wedges (2) provide stability. They can be placed below the velour wedges.

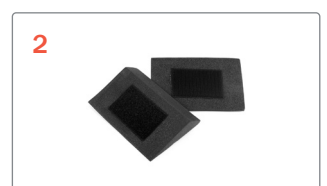
For further lateral stability, use the side cushions (3), supported by straight side stops (4).



## Broad hips

The upper part of the back can be "slimmed down" by placing plush wedges (1) under the cover. Depending on the back height you may choose short or long wedges.

If the long plush wedges take too much space, chose the small cell foam wedges (2) below short plush wedges.

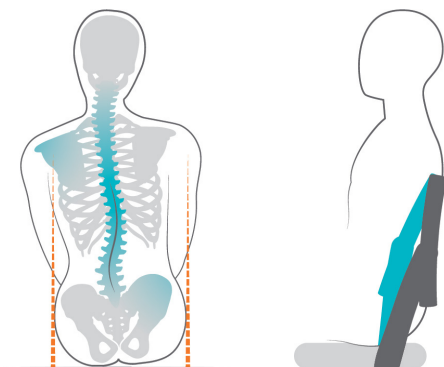




## Pelvic tilt

High risk of sliding forward. Be sure to harmonize the seat to back angle with a functional pelvic position and provide posterior support with the strap at PSIS level. Extra side stability may be necessary, so add push wedges (1) or side cushions (2).

A proper adjusted positioning belt (3) is also recommended.

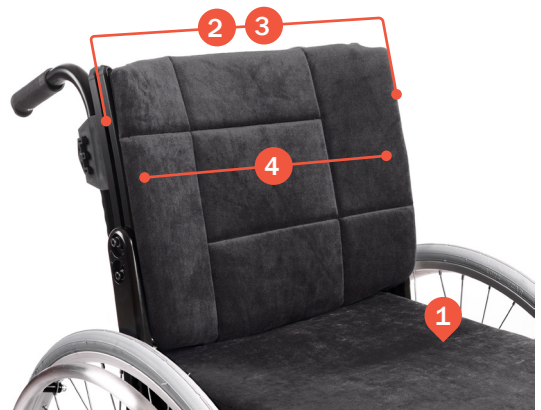


## Asymmetry

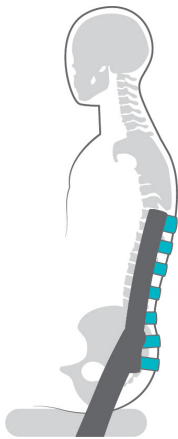
If the pelvis is oblique, use an adjustable seat cushion or place a large cell foam wedge under the cushion (1).

If the pelvis is rotated, left and right seat to back angles can be set with a different angle. The left and right upper back rails can also be set with a different angle.

Trunk support (2 or 3) can provide firm side support to prevent further asymmetry. If necessary add cell foam wedges (4) to ensure complete contact with the user's back.



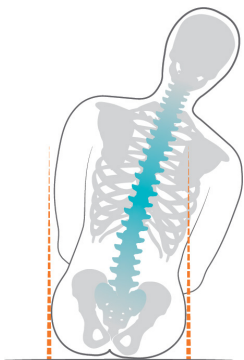




## Tall upper body

Choose the high back support with seven back straps (1). If the user is leaning heavily towards the back, a cross brace (2) is recommended.

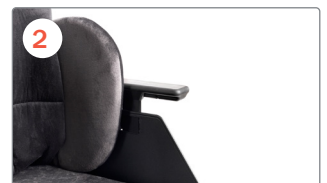
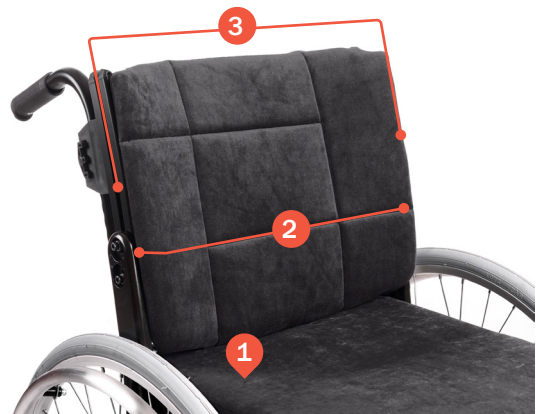
Firmer side stability can be created by using the cell foam wedges (3).

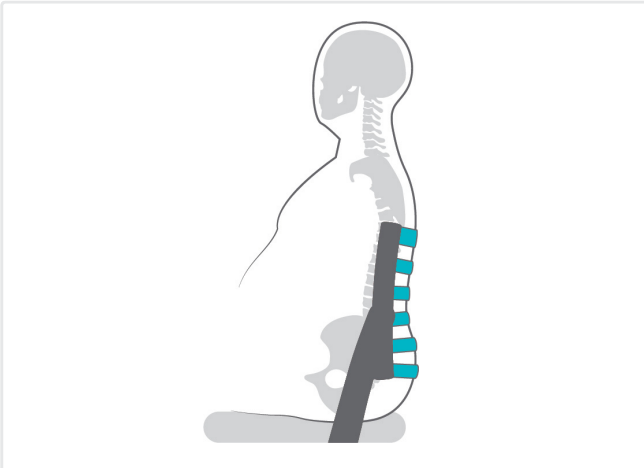


## Leaning posture

If the pelvis is oblique, use an adjustable seat cushion or add a large cell foam wedge (1) under the cushion on the lower side. Create as much space as possible for the upper trunk with the Velcro straps.

Place side cushions (2), supported by straight side stops (3) if necessary.

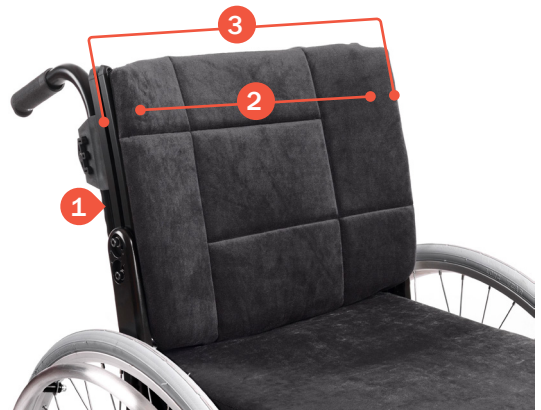




## Large body

Set the seat to back angle in a posterior angle to allow more space for the buttocks. Adjust the lumbar angle where the user feels stability. Add a cross brace (1) if it is not already included. Extra lateral stability can be created on both sides with plush or cell foam wedges (2).

If needed, attach side stops (3) to broaden the upper part of the back support.



## Accessories



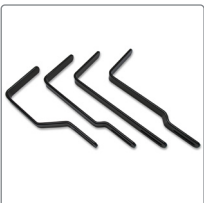
### Trunk support, detachable

Adjustable in height and depth. For body close fitting and space for free arm movement, the rod that holds the pad is available in four versions. Detachable without tools. Sold per piece.



### Trunk support, swing away

Adjustable in height and depth. No conflict with arm supports thanks to the rear fitted hinge. For body close fitting and space for free arm movement, the rod that holds the pad is available in three versions. Sold per piece.



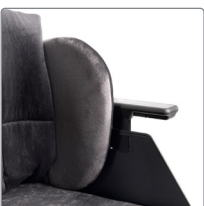
### Trunk support rod

For a body close setting, without interfering with the user's arm movement. Straight, with inward bend 1.5 cm (1/2") or 4.5 cm (1 3/4") or outward bend 1.5 cm (1/2").



### Rear cross brace

Stabilizing cross brace. Fitted in the 3A profile. Foldable with snap lock.



### Side cushion

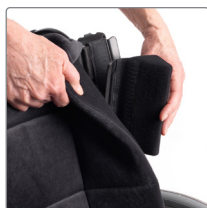
Embracing support. Rotate to choose between two different shapes. Supported by the arm support and/or side stop straight. Sold per piece.



### Side stop, straight

Combine with wedges or side cushion. Height adjustable. Sold per piece.

## Accessories



### Back wedge plush, short

15 cm (6") long. Soft wedge that attaches with velcro under the cover. Combine with side stop straight or with width extending. Upholstery: dark grey plush. Sold per piece.



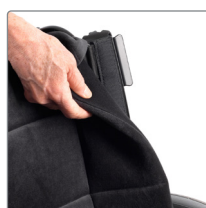
### Back wedge plush, long

30 cm (12") long. Soft wedge that attaches with velcro under the cover. Combine with side stop straight or with width extending. Upholstery: dark grey plush. Sold per piece.



### Side stop, width extending 3 cm (1")

Extends width by 3 cm (1") per side. Combine with wedges and larger cover. Sold per piece.



### Side stop, width extending 1.5 cm (½")

Extends width by 1.5 cm (½") per side. Combine with wedges. Sold per piece.



### Wedges, mod. 1 (small)

Cell foam with Velcro attachment. Length: 13 cm (5") Width: 9.5 cm (4") Height: 2 cm (¾") Sold per pair.



### Wedges, mod. 2 (medium)

Cell foam with Velcro attachment. Length: 19 cm (7½") Width: 12 cm (5") Height: 2 cm (¾") Sold per pair.



### Wedges, mod. 3 (large)

Cell foam with Velcro attachment. Length: 20 cm (8") Width: 17 cm (6½") Height: 2.5 cm (1") Sold per pair.



### Attachment, chest harness

Assembled on rod for head support.



### Head Support

Adjustable in height, depth, angle and sideways. The upholstery is detachable and washable. Combine with head support attachment.



### Head support attachment

Easy detachable with snap-lock.

## Cross 3A back support

### Height

Adjustable from 32 to 45 cm (12½" – 17½"). High version: Adjustable from 38 to 51 cm (15" – 20").

### Seat to back angle

Standard settings +2°, adjustable –5 to +20°.

### Lumbar angle

Standard setting +7°, adjustable –8° to +18°.

### Back upholstery

6 tension adjustable back straps. High density foam cover in elastic polyester.

### Seat depth

Short frame: 36 – 41 cm (14" – 16")

Long frame: 42 – 48 cm (12½" – 19")

Front adjustment: The seat depth can be shortened 5 cm (2")

Rear adjustment: The seat depth vary depending on the back adjustments.

By using seat extender and adjusting the back angles, the seat depth can be further extended up to 6 cm (2½").



Etac is a world-leading developer and provider of ergonomic assistive devices and patient handling equipment. Our heart lies in the solutions that optimise quality of life for the individual, their family and caregivers.

For the latest news and continuously updated product information – visit: [www.etac.com](http://www.etac.com)

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