

Check the settings! Ability Based Seating™

Arms and legs are important to support the sitting position

When we talk about creating possibilities, we consider our abilities. We have dealt with the possibilities offered by the back support, head support and seat. What more can we do? Foot and arm supports are clearly important, since the feet and forearms help us to stabilise and vary our sitting position.

If the trunk is to be supported by the forearms, the arm supports have to be firm and set at the correct height. The feet are happy if they have the possibility for active movements, which also stimulates posture and sitting tolerance. Elevation of the leg supports provides a relaxing change of position, which is important for users who do not have the ability to move their legs.

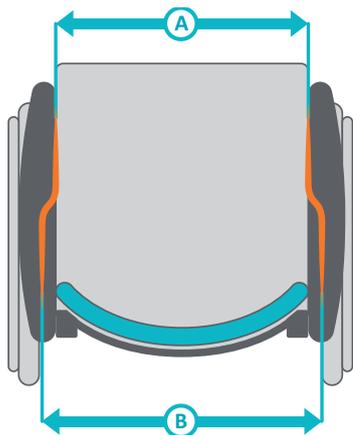




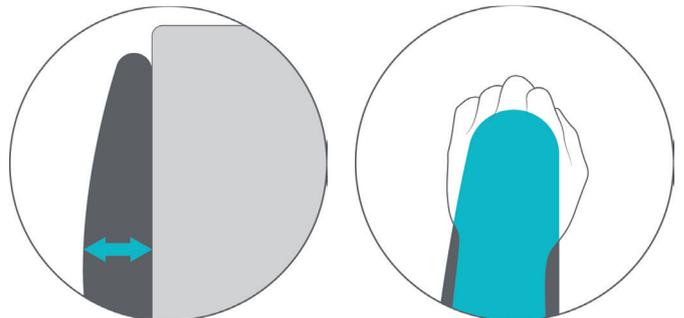
Arm supports

Prio's arm supports are long, firm and a little wider in the middle. They give good support for the forearms, the tapered shape facilitates propulsion and makes them sufficiently wide to grasp at the front edge. The surface has a texture of fine sand, and the softness of the plates is customised to provide comfort but nevertheless stability when the user needs to press against them.

The arm support plates have a small depth adjustment range, which can make a difference for users who want to get a little closer to the table or who need to grasp a little further forwards. When the back support is reclined to the maximum, the arm support plates ensure there is no gap between the the plates and the back. The generous side supports provide extra space for the hips.



The hips are provided with extra space thanks to the side support shape.



Simple height adjustment

Height is easy to adjust with the Allen key provided. Consider which function you want to prioritise. If the arm supports are to support the upper body, the height must be determined exactly. For most users, the height will be correct if the arm supports are a little higher than the elbow when angled at 90°.

The double bracket provides strength and stability. The user can trust the arm supports and put a lot of his/her body weight on them.

To widen the seat, use the widening kit or to narrow the seat, you can add side support paddings.

Leg supports and foot plates

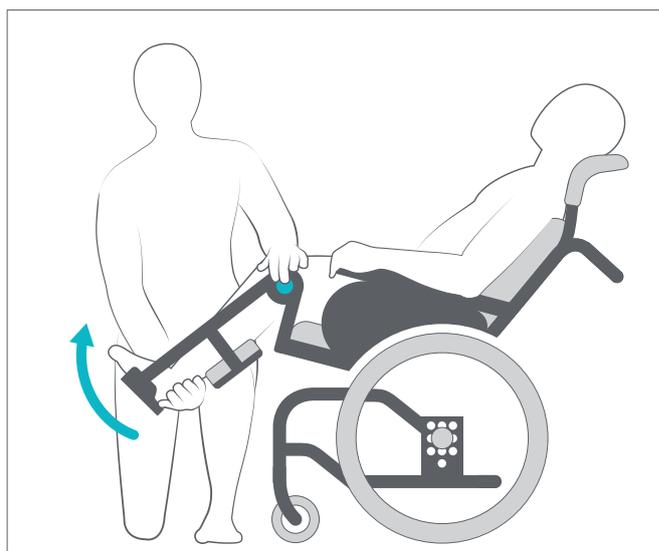
Prio has various leg and foot support options with fixed angle or elevating, both options with foldable foot plates which can be adjusted for height, angle and depth. Other foot plates from Etac's wheelchair program also fit Prio. Apart from this, we have a platform foot plate which gives the user the feeling of having their feet firmly on the floor.

Elevated leg supports provide a relaxing variation for the legs and feet in a resting position. Remember to recline the back first before elevating the leg supports. This will reduce tension in the hamstrings. If you elevate the leg supports first, there is a substantial risk of the hamstring muscles causing the pelvis to tilt posteriorly, even if the chair has been tilted.



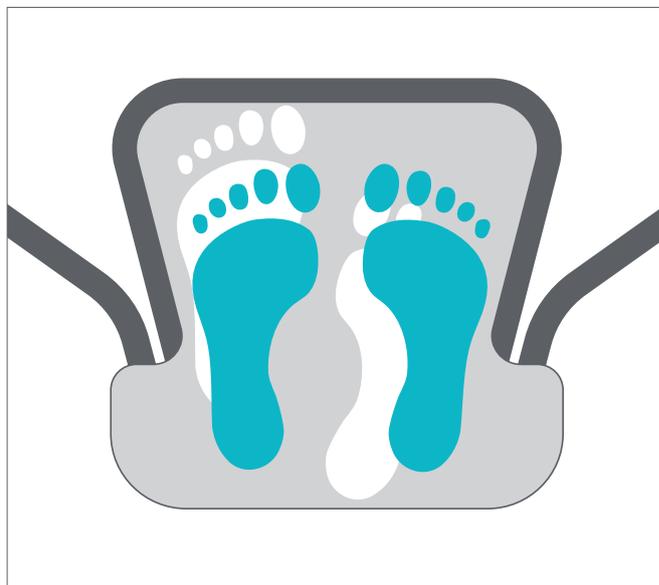
Same foot support for Cross and Prio

When it comes to the leg support mounting point, we have made it simple. Prio has the same mounting point as Cross. Naturally, the mounting points follow when the seat depth is adjusted from the front.



Move your feet

For users who have the ability to move their feet and legs, the platform foot plate is an excellent option. The large surface stimulates the user to move their feet. Moreover, it is easier to lift the legs or move the feet when the lower legs are positioned vertically downwards than when they are resting on elevated leg supports. Moving the feet means that the knee and hip joints also move. These movements lubricate the joints and keep pain at bay. For transfer, the footplate can be folded up. Ability Based Seating™ at its best.





Imagine...

sitting barefoot and maybe making tactile use of the surface. We have had suggestions for covering the foot plate with sheepskin or artificial grass. The only barrier is our imagination.



In our next newsletter... we give you tips about some of Prio's smart accessories, and how you can create more possibilities.



Ability[™]
Based
Seating