

Adjust your position – seat and back support Ability Based Seating™

Good sitting begins with the seat!

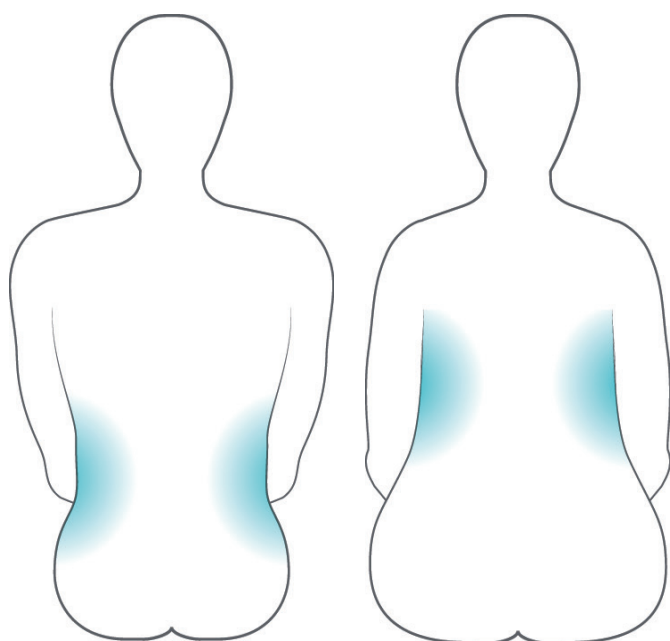
The seat and the cushion have a high status in the world of wheelchairs – they form the basis for good sitting. It's a matter of creating comfort, stability and the conditions for activity, all according to the user's ability.

It's also important to get the width of the seat right. Hip and back measurements don't always correspond.



Seat width

Etac Prio is available in seat widths: 40, 45, 50 and 55 cm. Prio is fundamentally a roomy wheelchair in comparison with its external measurements. The shape of the side guards gives an additional 2.5 cm at the hips compared with the front part of the side guards. Add just 19 cm to the seat width and you get the total chair width. The width between the armrests can be either reduced or increased. For a slightly narrower seat, side pads can be attached to the side guards of the armrests. If Prio needs to be widened a little, there is a widening kit which increases the width by just over 2 cm. This yields the following seat width variants: 37.5, 42.5, 47.5, 52.5 och 57.5 cm. The shape of the side guards gives an additional 2.5 cm (approx.) behind the hips.



Don't make the chair wider – make it narrower

Prio offers good adjustment opportunities for users who need different widths for head support and seat.

- For users who need a wider seat than back, the back support can be shaped around the user with the aid of wedges and the strap adjustment.

This provides good stability for the trunk, even in an active position, and does not prevent the user from using their arms in various activities.

For those users who can drive the chair, the compact external measurements mean that the rear wheels on Prio nevertheless occupy an acceptable position in comparison with the user's shoulder width.

If you wish, you can of course go down one size in chair width for a narrower back support, and then add the widening kit. (+2.5 cm).

- The chair's seat and back are spacious compared with its total width. For users who need a wider back support, choose a size that suits the user's back. The seat can easily be made narrower with the side pads. You can read about what the back support offers in our next newsletter.

Choice of cushion – a science in itself

There are two seat cushions for Prio: Basic and Comfort. The later has, in addition to the pre-shaped seat cavity, an insert made of soft memory foam, removable from underneath. If it is removed, the seat cavity becomes deeper. The insert can also be replaced with another material. The comfort cushion also has two recesses at the front to minimise the risk of impaired blood flow and to give the thigh extra stability. All recesses are on the underside of the cushion.



Seat cushion Comfort, underside



Seat cushion Comfort with inserts



Seat Cushion, Basic

Seat depth

In people with a height of 140 to 190 cm, the measurement from the back edge of the bottom and the knee fold varies between 43 and 54 cm*. In sitting, 2–3 cm clearance is needed to the front edge of the seat, a little more if the user is to kick himself/herself forwards. The seat depth on Prio can be adjusted by a total of 39–51 cm of which 7 cm is adjusted at the front edge. The position of the leg supports follows with the adjustment of the front edge.

At the rear edge, a base adjustment is made if necessary. There are three different positions (Short – Standard – Long).

The total seat depth adjustments are divided as follows:

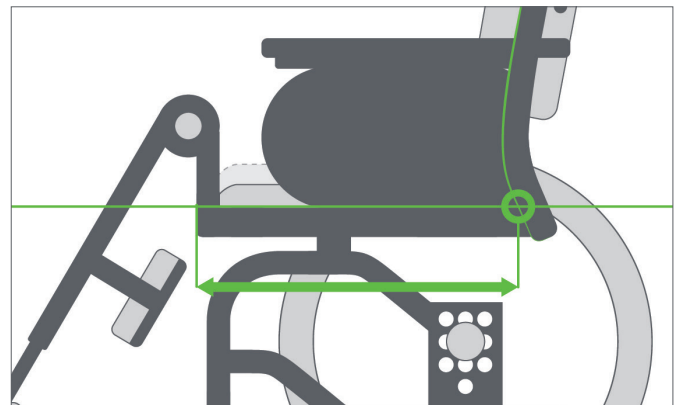
- Short: 39–46 cm
- Standard: 41.5–48.5 cm
- Long: 44–51 cm

Adjustment of seat depth at the front edge is done with the aid of the Allen key supplied. The leg supports follow automatically with the seat depth adjustment.

**) Berglund; Corlett, Clark; Dahlberg; Hansson et al.;
Lundgren et al.*

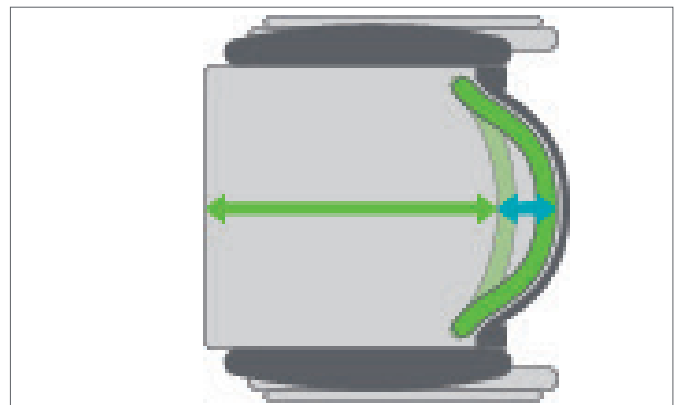
Seat depth measuring point

The seat depth is measured from the front edge of the seat to the front edge of the back support profile (corresponds for most users with the depth where the pelvis is in contact with the front edge of the back cushion.)



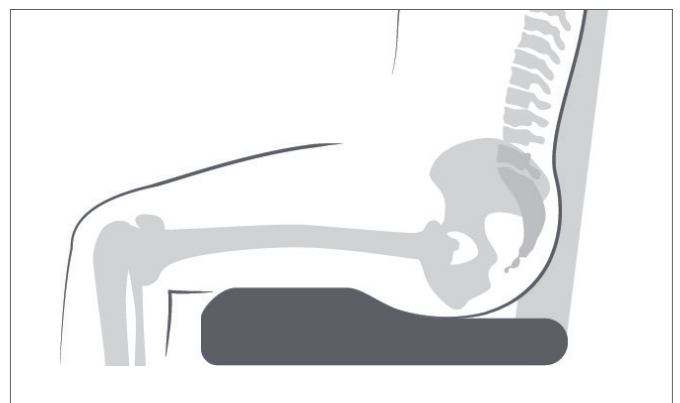
Activating the seat depth

Etac builds its chairs from the front and works into the back. Working with the back straps makes it possible to sit in the chair and further increase the seat depth. The real seat depth is not determined until the back upholstery has been adjusted and the seat cushion is in place.



Seat cavity

The hard seat surface under the seat cushion forms a seat cavity 10 cm in depth. Prio seat cushions are also shaped with a seat cavity. The length of the seat cavity will vary according to the adjustment of the seat depth and the position of the cushion. The most important thing is that the extremities of the user's seat bones land in the seat cavity.





Etac loves plush!

The seat cover cushion is available in liquid-repellent, wipeable material or plush. One of the many advantages of plush is the pile direction. With the direction of the plush, this helps to position the user. To glide into the seat easily and act against forward sliding.

That's why we love plush!

The cushions have anti-glide material on the underside. Velcro locking is available as an option. If velcro is not selected, the anti-glide material still gives the cushion a stable position.

If the right conditions are now in place, we can continue to build on our customisation for good sitting in active as well as resting positions.

** This also applies to seat cushions with a hygiene cover.*



In our next newsletter... you can read about the construction of the back support. Is it possible to create a support, which gives the back the possibility of variation in the resting position as well as effective support for activity?



**Ability[™]
Based
Seating**