**A Guide to Static Seating**

**Why consider seating?**

Seating is very frequently overlooked as “just a chair” but as we know “what” we sit on can very much affect the way in which we are able to function and achieve tasks.

Closer consideration of what is available to sit on may have a wider impact on your short and long term needs as well as progress through a period of rehabilitation. When an injury has been sustained you may be significantly less mobile during recovery time and may be spending prolonged periods of time seated.

Clients who were previously independently mobile may suddenly be restricted in their ability to walk and may struggle with sit to stand transfers. They may find existing furniture is too low to get on or off.

During recovery clients with some injuries are advised to keep the limb elevated and struggle to achieve this with their existing furniture.

(Pics of basic equipment such chair raising unit, stools, high back chair etc)

**When should a seating assessment be considered?**

**Posture and seating guidance**

**Guidance on achieving and maintaining optimal sitting posture in seating.**

**Why is posture considered important?**

* **To promote comfort in seating.**
* **To promote participation in daily occupations.**
* **To reduce pressure on skin.**
* **To promote safe swallow when eating and drinking**
* **To promote effective digestion**
* **To promote respiratoy function**
* **To promote function of all organs and systems**
* **To support spine and joint alignment.**

**Key principles of sitting posture**

**Symmetry and alignment should be respected as much as possible in all positions.**

**This is to provide equal distribution of weight, for support, stability and comfort.**

**-Pelvis is encouraged into a neutral position and hips aligned in symmetry where possible.**

**-Trunk is supported in an upright position to promote organ function and provide stability.**

**-Head and neck are supported within natural curve of the spine.**

**Forearms should be supported with the elbows at 90 degrees angle when resting.**

**Both feet should be planted on the footplate.**

**The angle of the hips, knees, and ankles can be guided by the 90/90/90 degree principle. Adaptations to the chair can be used to encourage this alignment. Where 90 degrees can not be achieved, adaptations should be made to the chair to accommodate this.**