



# CHOOSING A HIGH CHAIR

For more information or advice contact the Occupational Therapy Department.

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## CHOOSING A HIGH CHAIR

When choosing a high chair it is not appropriate to sit in a chair for a couple of minutes when purchasing it and then expect to achieve the same degree of comfort after a few hours, so try to sit in it for more than a few minutes if possible. Various types of chair raising equipment are available so if height is the only problem, seek advice on this first.

When choosing a high chair it is important to consider the following:-

### A. Seat Depth

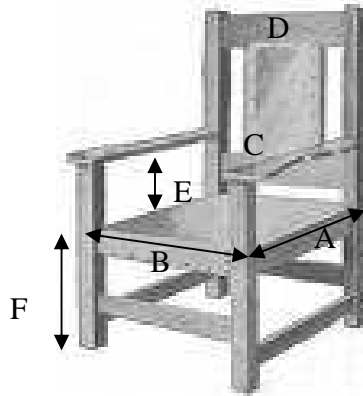
### B. Seat Width

### C. Lumbar Support

### D. Head Support

### E. Arm Height and Depth

### F. Chair Seat Height



### A. SEAT DEPTH

It is important to have your thighs well supported, but not to constrict the blood supply behind your knees. A useful tip is that you should be able to slip two fingers between the back of your knees and the front of the seat cushion

### B. SEAT WIDTH

The chair will not be comfortable if too wide or too narrow

### C. LUMBAR SUPPORT

Good lumbar support is important for comfort. A chair that does not give sufficient support in the 'small of the back' will not suit you.

### D. HEAD SUPPORT

A high back chair gives head support. Some people like chairs with wings.

### E. ARM HEIGHT AND DEPTH

It should be possible to rest your forearms comfortably on the arm of the chair with your shoulders remaining flat and comfortable - neither forced up or dropping down. Chairs with a good length of arm rest are generally a better choice so that you have a good firm surface to push up from when standing. Consider whether padded arms are necessary for comfort, especially for those with rheumatoid arthritis.

### F. SEAT HEIGHT

Choose the highest chair you can that allows you to place your bare feet flat on the floor. Your feet should not be dangling nor should your knees be higher than your bottom

## POSTURE

When sitting in a chair your feet should comfortably rest flat on the floor. The angle of your hips to trunk and your knees should be 90 degrees

## SPECIALIST CHAIRS

There is a large range of "special" chairs available. It is best to seek professional advice before purchase. When choosing a riser/recliner chair remember:

They may not be suitable for you, if because of medical problems your balance is poor and you are likely to fall forward once standing.

If you have painful hands and shoulders or weak arms, a manual recliner can often be too difficult to push back and forward.

A lot of money is involved, so if possible, arrange to have the chair on trial, or sale or return.

**LOCAL SUPPLIERS**

Furniture World 80 Keith Street Stornoway 01851 703370	Akram Main Street Tarbert 01859 502474	Luney Gramsdale Benbecula 01870 602639
Macaskill Home Stores Cabarfeidh Road Stornoway 01851 703120		MacGillivray Stores Balivanich Benbecula 01870 602525

**COMPANIES/MANUFACTURERS**

1. Highland Upholstery Ltd Manufacturers Harbour Road Thurso Caithness KW14 8ON Tel: 01847 895102	2. HSL – <a href="http://www.hslchairs.com">www.hslchairs.com</a> Tel 01924 507050 Free delivery to Inverness
3. A J Way & Co Ltd Unit 2 Sunters End, Hillbottom Road Sands Industrial Estate High Wycombe Bucks HP12 4HZ Tel 01494 471821 Fax 01494 450497	4. James Spencer Prospect Mills Main Street Wilsden Bradford DD15 0JR Tel 01535 272957 Fax 01535 273295
5. Smith & Nephew Homecraft Ltd Sidings Road Lowmoor Road Industrial Estate Kirby-in Ashfield Nottingham NG17 7JZ Tel: 01623 754047 Fax: 01623 755585	7. Nottingham Rehab Ludlow Hill Road West Bridgford Nottingham NG2 6HD Tel 0115 9452345 Fax 0115 9452124

**List of stockists for Orthopaedic Chairs in the Inverness Area**

Mr David Hood Manager Able Care Ltd Muirton Locks Inverness IV3 6NF Tel: 01463 233900 Fax 01463 225511	Blindcraft 38/39 Ardconnel Street Inverness Tel: 01463 233662 (ask for Ext 11) Fax 01463 710809
Wheelchair care (electric riser/recliner chair) annual visits to Lewis Greshop Industrial Estate Forres IV36 0GW Tel 01309 676677 Fax 01309 674479	Royams – <a href="http://www.highseatchairs.co.uk">www.highseatchairs.co.uk</a> Tel 01274 611171 Free delivery to mainland UK