



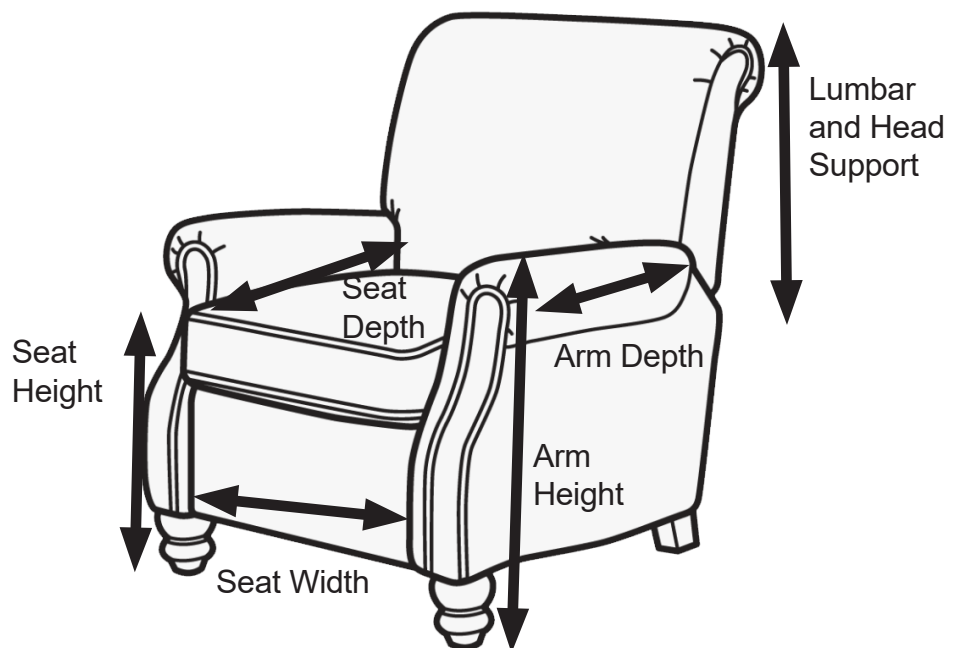
# Choosing a High Chair

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. You should 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



## Points to consider

### 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 are a large range of 'special' chairs available and it is best to seek professional advice before purchase. When choosing a riser/recliner chair remember:

- they may not be suitable for you, perhaps 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 obtain the chair on trial, or sale or return.

# **Stockists and Suppliers**

## **Local Suppliers**

Furniture World	80 Keith Street, Stornoway	Tel. 01851 703370
West Side Furniture Store	Butt View, South Bragar	Tel. 01851 710785
Akram	Main Street, Tarbert	Tel. 01859 502474
Luney	Gramsdale, Benbecula	Tel. 01870 602639
MacGillivray Stores	Balivanich, Benbecula	Tel. 01870 602525
Argos	Cromwell Street, Stornoway	Web: <a href="http://www.argos.co.uk">www.argos.co.uk</a>

## **Online Suppliers**

Complete Care	Web: <a href="http://www.completecareshop.co.uk">www.completecareshop.co.uk</a>
Amazon UK	Web: <a href="http://www.amazon.co.uk">www.amazon.co.uk</a>

## Online Suppliers

Highland Upholstery Ltd	Harbour Road, Thurso, Caithness KW14 8ON Tel: 01847 895102
HSL	Web: <a href="http://www.hslchairs.com">www.hslchairs.com</a> or tel 01924 507050 Free delivery to Inverness
A J Way & Co Ltd	Unit 2, Sunters End, Hillbottom Road, Sands Industrial Estate, High Wycombe, Bucks HP12 4HZ Tel 01494 471821
Nottingham Rehab	Ludlow Hill Road, West Bridgford, Nottingham NG2 6HD Tel 0115 9452345

## List of Stockists for Orthopaedic Chairs in the Inverness area

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

## Further Information

For further information please contact the Occupational Therapy Department:

Lewis and Harris: 01851 822847  
Uist & Barra: 01870 602425

## We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website feedback section at: [www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk) or share your story at: [www.careopinion.org.uk](http://www.careopinion.org.uk) or tel. 0800 122 31 35
- tel. 01851 708069 Monday-Friday between 9am-5.30pm.