

Chairs & Seating



**Occupational
Therapy
Services**



Suffolk
County Council

Chairs & Seating

If you are having difficulty getting in and out of your armchair there are a few points to consider:

Is your chair in good condition?

If the cushions and arms are worn, and springs sagging the chair may not be providing you with the support you need

Does your chair have firm arms that you can push up on?

Ideally the arms should reach right to the front of the chair and have ends that you can get a firm grip on.

Is the seat a suitable height?

When sitting on the chair your feet should be flat on the floor and your thighs horizontal with the floor. If your knees are higher than your hips the chair is probably too low for you. Sometimes just raising the height of the chair with chair raisers will solve the problem. These can be purchased from specialist suppliers and you will need to be able to give them a clear description of the legs or castors on your chair to ensure you purchase the correct type of raiser. Always follow the manufacturer's instructions when fitting chair raisers.

Is the seat too deep for you?

If the front edge of the seat pushes into the back of your knees or your feet are not flat on the floor when you sit right back in the chair the seat is probably too deep for you. Consider putting a cushion behind your back to bring you forward. For comfort allow a two finger gap (approx 2.5cm/1in.) between the front of the seat and the back of your knees.

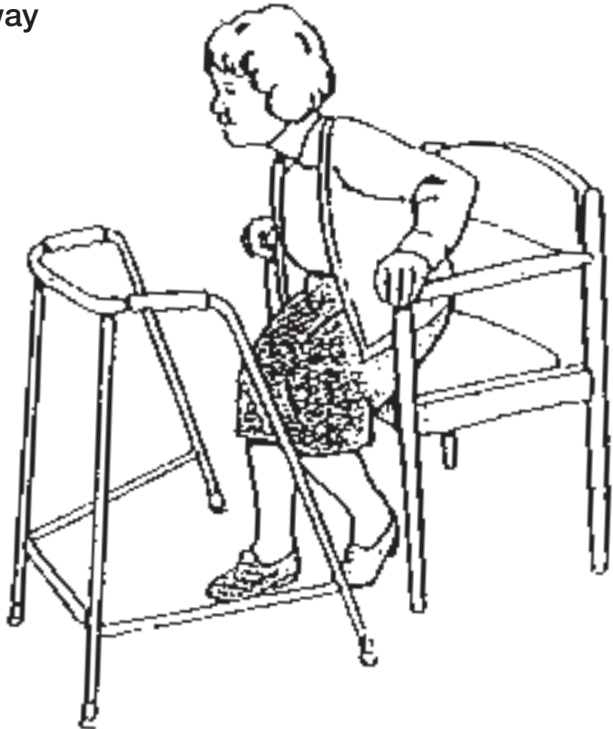
Is the seat too narrow or too wide for you?

If it is too narrow it may restrict your movement, too wide makes it more difficult to push up on the arms.

If raising the chair or putting a cushion behind your back is not the solution you may have to consider purchasing a new chair

Helpful Hints For Getting Out Of A Chair

1. Shuffle or rock from side to side to get to the front of the chair
2. Make sure your feet are placed firmly on the floor with one foot slightly behind the other
3. Grip the front of the arms of the chair – DO NOT try to pull yourself up on a walking frame or other piece of furniture that could move
4. Lean slightly forward so that your nose is over your toes
5. Push down on both arms of the chair and stand up
6. Get your balance before trying to walk away



During 2004 Suffolk County Council headquarters will be moving home. Telephone calls will be diverted but please ask the person you are calling for their new number, for future reference.

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