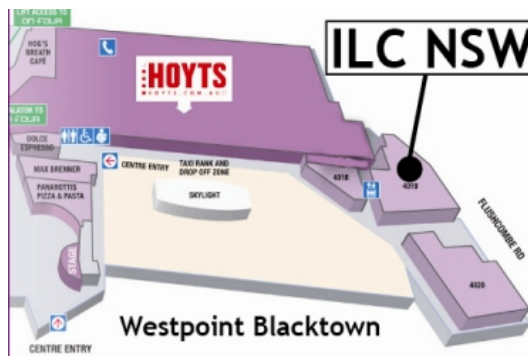


Dining Chairs

- There should be no tilt in the seat.
- A footrest may be needed to support feet and ankles.
- Padded armrests may be more comfortable.
- Armrest length and height should enable the chair to be pulled close to the table.
- The backrest should support the lower back and help maintain upright posture.
- The legs of the chair should provide a stable base of support.
- The chair should be light enough to be pushed out from the table with ease.
- Proper height of the chair will allow forearms to be placed on the table, elbows resting at about ninety degrees with shoulders



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Guidelines to assist you

Select a Comfortable Chair



Independent Living Centre NSW

Selecting a Chair

Before buying a chair, the user must test it for comfort by sitting in it for a minimum of ten minutes.

Check if the chair can be customised in size and contour to better suit you.

To assist you getting in and out of a chair ask an ILC therapist about proper sit-to-stand technique.

You may want to raise your chair height with use of blocks or consider a portable lifting cushion designed to give assistance when getting in and out of chair.

Checklist of Points to Consider

- Back height and contours of the chair should suit you and the natural curves of your spine should be supported.
- Seat width: there should be space on either side of the body for the width of 2-3 fingers. Ensure armrests are in a comfortable position.

- Seat depth - with your bottom close to the backrest, 2-3 fingers should fit between the edge of the seat and the back of the knees.
- Seat height from the floor - hips and knees should rest at about 90 degrees with feet comfortably flat on the floor.
- Armrest height - elbows should rest at about 90 degrees, without hunching the shoulders.
- Armrest length - armrests should be long enough to provide firm support when sitting and standing.
- Some chairs offer adjustability in the height of the seat and armrests.
- Check how easily the chair can be moved.
- Materials - consider comfort and durability of the upholstery and cushioning. Some manufacturers will customise foam density.

Lounge Chairs

- The seat should be firm but comfortable, and high enough to get up easily.
- The seat should provide support under the upper leg and curve smoothly down, avoiding pressure behind the knees.
- The seat may tilt slightly backwards for comfort.
- Armrests should support under the forearms and hands, and be firm enough to assist when standing up.
- Some lounge chairs have powered controls that raise and tilt the seat to help you stand up.
- Lounge chairs can have manual or powered recline.
- If reclining, it should support behind the lower and upper back and the neck.

