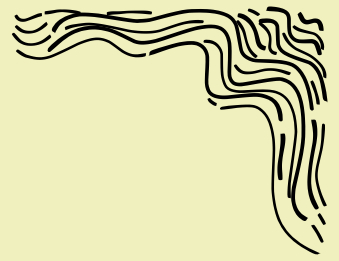




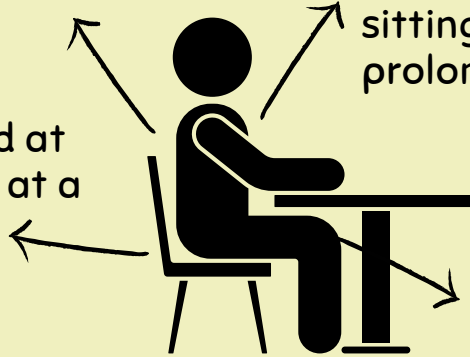
Seating Advice



Maintain the natural 'S' shape curve of the spine.

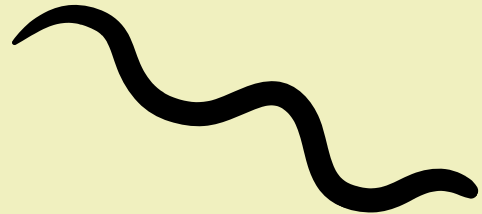
Move regularly and avoid sitting down for a prolonged period of time.

Hips should be placed at the back of the chair at a 90° angle.



Knees should be approximately 1-2 inches away from the edge of the chair.

Feet should be flat on the floor with ankles at a 90° angle (a foot rest can be used if necessary).



A specialist cushion can help to maintain the natural curve of the lower back.

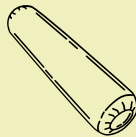


Use a foot rest

A writing slope can help to support an upright sitting posture.



A lumbar roll (or a rolled up towel) can be placed on the chair to support the lower back.



Options to support sitting posture.

A wobble stool or wobble cushion can help to improve core strength and postural stability.



Ergonomic chairs can help to improve sitting posture.



A standing desk can help alternate between sitting and standing.

