



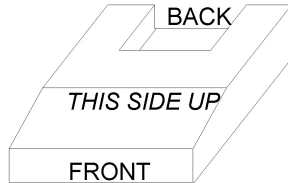
# NSW State Spinal Cord Injury Service

In coordination with the Spinal Services of ■ Royal North Shore Hospital ■ Prince of Wales Hospital  
■ Royal Rehabilitation Centre Sydney ■ The Sydney Children's Hospital ■ The Children's Hospital at Westmead

## ABOUT YOUR CONTOURED FOAM CUSHION

This cushion is shaped to reduce the pressures under your bony prominences when sitting. The foam wears out with use and **you will need a new one every year**. To arrange for a new cushion, phone your seating service (please see phone numbers at the foot of this page).

## PUTTING THE CUSHION ON THE CHAIR



The back of the cushion has a pelvic well (square cut-out) to fit your pelvis. **The well must be on top, at the back of the seat** for the cushion to work properly.

## THE PELVIS FITS THE CUSHION AND THE CUSHION FITS THE CHAIR

Your pelvis needs to be directly over the well when you use the cushion. The cushion fits the chair as well as fitting you. It may not work properly in a chair other than the one it was made to fit. Phone us to arrange a cushion check if you are changing wheelchairs.

## COVER UP

Always use a cover made of a stretch material like the original cover, or one made with lycra or stretch towelling. This should be a loose but neat fit on the cushion.

**Do not use sheets, pillowcases, towels or sheepskin** over the cushion as these do not stretch, causing increased seating pressures.

## WATCH YOUR FEET

The height of the wheelchair footrests (and the heel height of your shoes) affects your seating pressures.

Raising the footrest height (or heel height) increases seating pressures, and lowering the feet reduces seating pressures. Having the footrests too low is better than having them too high.

## RED FOR DANGER

The cushion can not do all the work of pressure relief. You must provide regular pressure relief by lifting or leaning to allow complete restoration of the circulation. Above all, you must

- check for red marks regularly, (morning and night) and
- take action if redness persists.

## CHECKLIST

1. Cushion correctly placed on chair
2. Bones of your bottom in the well
3. Use only the correct cushion cover
4. Feet not too high
5. Replace old cushions - phone us every 12 months
6. Do not modify the foam cushion
7. Regular check for red marks - phone us if redness persists
8. Pressure problems - phone your Seating service:

Prince of Wales Seating Clinic (at Randwick) - 9382 5286  
Assistive Technology & Seating (at Ryde) - 9887 5055