

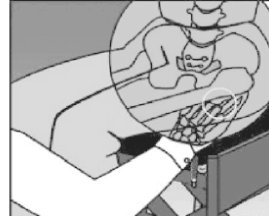


NSW State Spinal Cord Injury Service

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 ROHO QUADTRO SELECT or CONTOUR SELECT CUSHION

HOW TO SET THE INFLATION OF YOUR CUSHION



Diagrams used with permission of Roho

Unlock the ISOFLOW valve by pressing the GREEN button. Air is now free to flow to the four quadrants of the cushion.

Inflate the cushion via the inlet valve until the cells are full of air. Close the inlet valve and seat the user on the cushion.

Slide your hand (palm down) to locate the lowest bony prominence. You can use a plastic "freezer" bag on your hand to make this easier. With your hand under the bone, feel for a clearance of about one finger thickness (15mm) between the bone and the base of the cushion. Release or add air to the cushion to achieve the correct clearance.

If you use the cushion with the ISOFLOW valve locked, press the RED button to lock it. Note; some users will need to correct their posture before locking the valve

COVER UP

Always use a cover made of a stretch material like the original Roho 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.

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.

1. Cushion properly placed on chair (ISOFL0 control unit at the front)
2. Correctly inflated—1 finger (15mm) thickness under bones of your bottom
3. Use only the correct cushion cover
4. Feet not too high
5. Regular check for red marks - phone us if redness persists
6. Carry by yellow cord, not by the ISOFL0 valve. Wash only in soapy water
7. Pressure problems - phone your Seating service:

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