



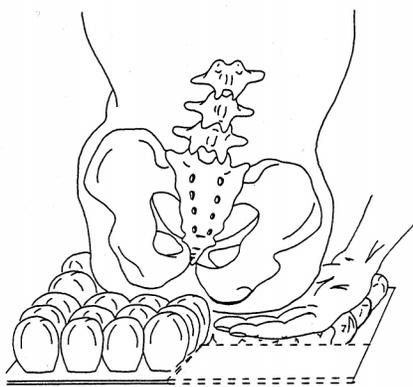
# NSW State Spinal Cord Injury Service

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 ENHANCER CUSHION

### IS YOUR ROHO ENHANCER INFLATED CORRECTLY?

If your ROHO ENHANCER is not inflated correctly you could be at risk of pressure sores.



Use the innermost valve to inflate the cushion so that it arches slightly on a flat surface. Then, while sitting on the cushion, use the outer valve to adjust the cells under your bottom.

You should have **one finger thickness** clearance between the bones of your bottom (ischial tuberosities) and the base of your cushion. Check visually daily and hand test at least once per week.

**One finger thickness clearance.**

Diagram used with permission. (ROHO 1998)

### 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, 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 properly placed on chair – well at the back
2. Correctly inflated – outer cells inflated firmly and 1 finger clearance under bones of your bottom
3. Use only the correct cushion cover
4. Carry by yellow cord and wash in soapy water only
5. Feet not too high
6. Regular check for red marks - phone us if redness persists
7. Pressure problems - phone your seating service:

Prince of Wales Seating Clinic (at Randwick) - 9382 5286  
Assistive Technology & Seating (at Ryde) - 8877 4200