

Ideal Sitting Position

- It's important for the pelvis to be as level as possible, so that one side isn't any higher than the other and so weight is spread out
- Stable base (e.g. correct cushion)
- Hips, knees and ankles 90 degrees (right angles)
- Arms supported

Wheelchairs

- Wheelchair Services
- Standard- self-propel or carer controlled, powered indoor, powered outdoor
- Non tilt-in-space manual (or power/ electric)
- Tilt-in-space manual (or power/ electric). Tilt in space allows the whole seat to tilt backwards and keeps the seat to backrest angle the same



- Good seating position begins with making sure the pelvis is as symmetrical as possible



Static seating

- Alternative to wheelchair
- Comfortable option
- Helps change of position
- Allows relaxation
- Promotes well being



This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg