Occupational Therapy: Seating Options

Utility and Orthopaedic chairs are designed to give support and comfort when seated. They are height adjustable and have sturdy armrests. They are useful if you have difficulty getting in and out of chairs or if your current furniture is not suitable to use because of hip or knee precautions following surgery. Look for a chair that has:

- Adjustable height
- Armrests
- Slip resistant feet

- Ideal height of seat: __________cm.
- Recommended Height: Measure from heel to back of the knee + 5cm while sitting
**Electric Tilt Recliner**

An electric tilt recliner is a recliner lounge chair that assists you into a sitting or standing position, reducing the amount of effort required. It is controlled by an attached remote and is power operated. Consider:

- **Single motor**: Single motor operates both back rest and foot rest.
- **Dual motor**: Separate controls for back rest and leg rest functions (greater control over chair position, but can be more expensive)
- Different sizes available

**Chair Raisers**

Raisers are placed under the legs or castors of the chair to make it higher. They are available in plastic or wood. Raising your chair allows you to get on and off more easily.

**Plastic**:
- Two different sizes are available which can be stacked on top of each other if needed

**Wooden**:
- Different styles are available or they can be made to measure
- Blocks have different size holes drilled into them to allow for different shaped chair legs

**Specific Recommendations**:

Height to be raised: _________cm.
Number of raisers required: ___________

Please note: not all chair legs/castors will fit in standard chair raisers. Your therapist will advise you if you will need custom made raisers.

**Note**: Please check the person’s weight is not more than the maximum load limit for the item chosen.

**Therapist’s Name____________________ Contact No._______________**

Your therapist will supply you with a local supplier list