

## Fitting of the Netti wheelchair



A correctly adjusted wheelchair is crucial when it comes to user's ability to maintain and perform the activities of daily life. A wheelchair is a helping aid for transfer that is supposed to compensate for reduced or lost walking function. Users can sit up to 8 – 10 hours a day in the wheelchair. For that reason it is important that the chair not only has good manoeuvring qualities but also offers good comfort.

The Netti wheelchair program has a high degree of flexibility when it comes to individual adjustability and accessories. All of the Netti wheelchairs are adjustable in depth without change of any of the parts. Since the depth is adjusted by moving the back unit you always will keep the correct proportion to the foot support and this again maintain the optimum manoeuvring.

### Factors for optimal sitting

For long period of time no sitting position is good. Also when we sit we need to be in movement. On average a wheelchair user sits 8 – 10 hours in the wheelchair every day. Therefore it is very important that the wheelchair is adjusted to the needs of the user's activities. In addition to this the wheelchair should provide the opportunity for rest/relaxation.

Important principles to take into consideration:

- Stability
- Pressure distributive foundation
- Microclimate
- Room for the bottom
- Support for pelvis and lumbar region
- Support for the feet
- Support for the arms
- Variation

### Stability

To achieve as good stability as possible you must begin with a firm base. Therefore it is important to choose a fixed frame wheelchair in preference to a sling seat wheelchair whenever possible. Using a sling seat wheelchair will make it more difficult to optimally stabilize the pelvis over time. All the Netti wheelchairs (except the Netti Svipp) have a firm seating plate that offers good stability. The seating plate for these chairs can be delivered with a comfort hole at the rear that reduces the pressure under the seat bones and in the same time gives stability for the pelvis.



### Pressure distribution

For users at risk of developing pressure ulcers, it is important to use cushions, which offer optimum pressure distribution. It is also important to change positions as often as possible to avoid monotonous pressure. When a pressure ulcer has arisen, the most important action is total relief.

### Microclimate

This is a factor which has not been given enough focus over the years. More lately however focus on this topic as a very important contributor when it comes to development of pressure ulcers. Well functioning people can move themselves when a position becomes uncomfortable. Quite a few disabled persons who sit in wheelchairs however, cannot do this. Therefore it is important that the base does not get sweaty or too heated. The surface next to the user should ventilate so that the moisture from the surface of the skin is transported away. By maintaining an approximately normal temperature as possible in combination with ventilation and transport of humidity it is possible to maintain a stable and good microclimate.

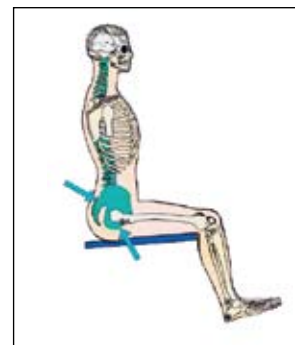


### Room for the bottom

To obtain optimum sitting comfort and maintain a sitting position over time, it is important to allow room for the bottom to be correctly positioned rearwards. In this way the pelvis can have a neutral initial position so that the spine can maintain its normal curvature.

### Support for the pelvis and lumbar region

In order to maintain an upright sitting position, it is crucial to stabilize the pelvis. Then the lumbar region requires less strength and balance from the user. The cooperation between stability and balance gives the user more freedom when it comes to varying the sitting position.



### Support for the feet

A good sitting position demands that there is good support for the feet. The position of the feet indirectly affects the position of the pelvis, which again affects the curvature of the spine and position of the head.

### Support for the arms

The arm rests are supposed to give support for the arms which again is very important to stabilize the upper body so that good sitting and resting position can be achieved. The arm rests can also assist the user in getting in and out of the chair.



### Variation

To obtain an appropriate solution to the needs of the user, it is important that there is full understanding of the qualities each type of wheelchair has to offer. The wheelchair should give the opportunities for activity, rest and avoid monotonous pressure.