

Intacaremobility

Is your chair uncomfortable? Maybe it's time for a new one but you're not quite sure what to look for? Having a comfortable and safe place to sit and rest is very important. If an armchair or sofa becomes uncomfortable this could be due to its age (old fillings can become compacted), or that the seat height and depth no longer suit you.

Over a period of time, being in the wrong sitting position can cause problems with your balance, posture and quite often creates cramps and stiffness in your joints. To ensure your chair is well suited to your needs, you should consider these features below:

- A seat depth sufficient enough to support the full length of the thighs, however, if the seat depth is too much, you can try to make this more comfortable by placing a cushion behind you for support. This will also stop you from leaning back in the chair and causing back problems.
- The arms of the chair should be a correct height to support you. This is to ensure your arms can be rested without raising or dropping the shoulders. This can help to maintain good posture.
- A higher seat can help you to being more comfortable and assists you when getting out of the chair. If your seat height is too low, it can put pressure on your joints when trying to stand up as it will be made more difficult. If the height of the seat is too high, there's increased pressure on the thighs, making it harder to stand up too. Also, if your feet aren't touching the floor when sat down, this could make you less comfortable.

