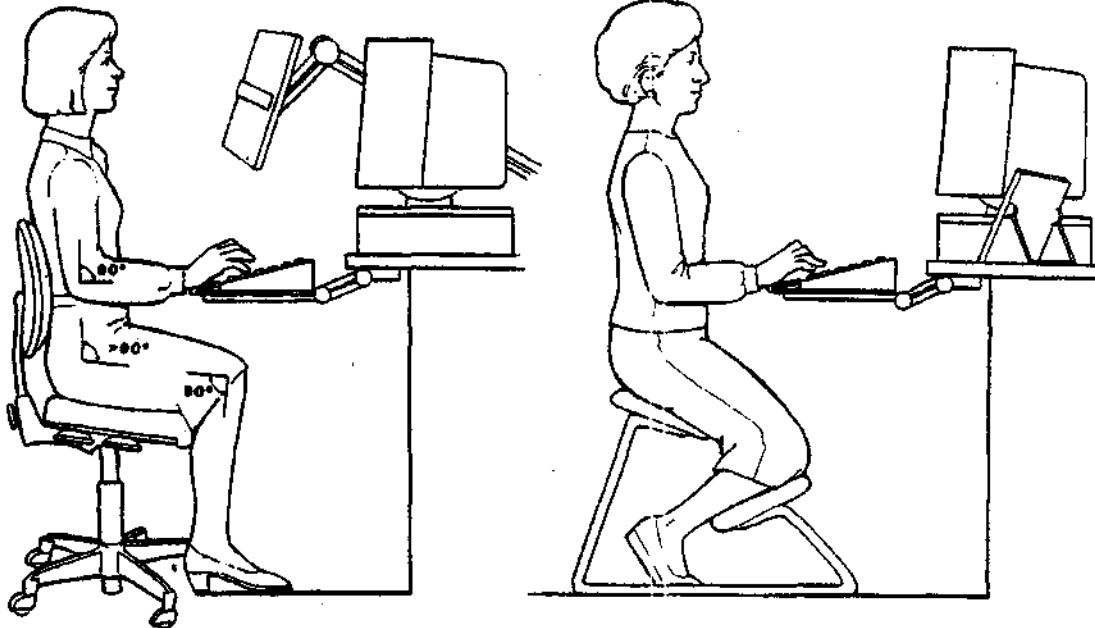


Ascent Therapy Clinics

"the Summit of Health and Fitness"



Sitting — Poor sitting posture is one of the leading causes of back and neck problems.

DONT:

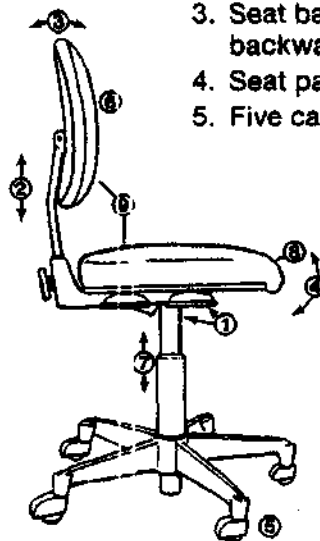
- Slump-sit (your low back should be supported.)
- Lean forward and downward to reach your work.
- Sit for long periods of time without getting up.

DO:

- Sit close to your work.
- Sit in a chair that is low enough to place both feet on the floor and no lower.
- Have a chair that supports your back in a slightly arched position.
- Maintain good sitting posture while driving. This frequently requires a small pillow against your lower back.
- Sit close enough to reach the pedals and wheel without slump-sitting.
- The "Scandinavian" design chair, shown above, provides an alternative position if you do a lot of sitting. However, constant use of this type of chair does not allow as much freedom of movement and it

What to look for in a chair:

1. Hydraulic controls
2. Seat back adjusts up/down
3. Seat back pivots forward/backward
4. Seat pan tilts
5. Five caster-easy roll base
6. Seatback supports natural lumbar curve
7. Seat height adjusts
8. Waterfall seat front
9. Seat back and seat pan appropriate size for user



Additional features when needed:

- Arm rests
- Stool height with foot rests
- Self locking casters