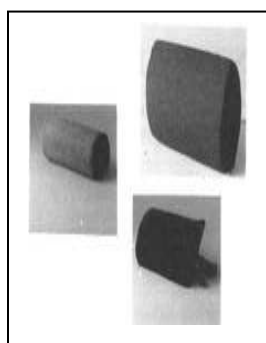


Comfort and Support Accessories

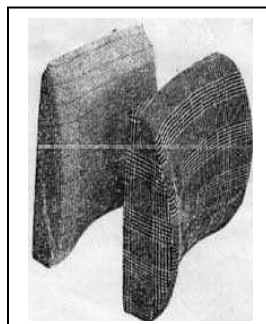
Comfort is important for relaxation, optimum activity and maintaining good posture. Support of the lower and upper backs is also important to ensure that a person is sitting well, with the minimum amount of fatigue and pressure on the spinal column. When sitting in a chair, whether it be a lounge chair, dining chair or car seat, a person needs to be comfortable and supported.



BACK SUPPORT PILLOWS

Because each of us is slightly different in our shape and height, there are a wide variety of back supports on the market to suit the individual. Quite often they may be used to substitute for poor chair design. When trying to decide which back support should suit a person, it is important to consider where the support is needed, in which chairs or situations it will be used and whether it needs to be with the user at all times.

It is worthwhile remembering that while two people may be the same height; one may have a longer back, whilst the other may have longer legs. This can make a great difference to the type of seat and thus the back support chosen by them.



Smaller back supports are often chosen when a person needs to support one area of their back, often the lower back or neck area. Often supports have straps to allow the user to attach them to their chair. Some supports may have inflatable air bags, or removable inserts, to allow the user to adjust the amount of curvature of pressure required.

Be careful not to choose a lower back support that pushes the person's bottom too far forward on the seat. This decreases the amount of support under the thighs and may force the person to recline to meet the backrest.



High Back Model

Long or 'Full' back supports are often chosen when a person requires support not only in their lower back but also their mid-back and possibly their neck. These supports are often shaped to mould to the different curves of a person's spine and to support their inward curve.

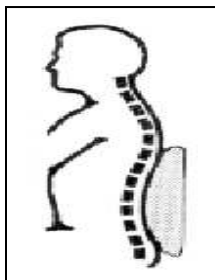
Some of the longer supports may have 'wings'. If a person needs greater support due to an unstable, injured or weak back, this style of support can be helpful as they offer the muscles a 'rest' from having to hold the trunk and spine upright. It is important however to trial back supports prior to purchase as people's backs can differ.

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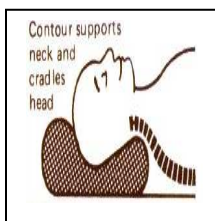


CORSETS AND BRACES

These devices are often a dynamic support prescribed by an orthotist or chiropractor. Some simple models are commercially available, though should be used in conjunction with other medical advice.

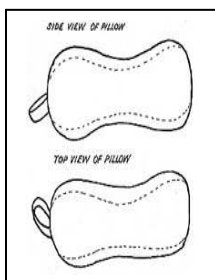
NECK SUPPORTS AND PILLOWS

The neck is important to support whether on a long car journey or sleeping in a bed at night.



Neck cushions and peanut-shaped pillows support the curvature of the neck. Some models are shaped to sit over the shoulders which allows the user to sleep in an upright position with some support to the head when sleeping.

Cervical rolls are available in differing densities and shapes. These are mostly a tubular shape, however, some will be more of a 'D' shape which will allow the user to rest the support against a bed or chair. A rolled sheepskin can sometimes achieve the same effect.



Children in strollers or car seats are equally important to support. Neck support cushions are also designed in children's sizes.

Bed pillows are available that are contoured to support the head, neck and spine to keep them in alignment.

Like the back supports, some models are available with removable foam inserts to allow the user to adjust the support required. Some foam models have a dimpled surface to allow air flow more evenly around the head.



Pillows are made from different materials. Feather pillows will require regular plumping to maintain their shape. Cotton packs down and may be suitable for those who require a firmer pillow. Wool may firm down over time. Polyester has a softer feel, however maintains its height.

Foam is available in various densities, however it may compact over time. Water based pillows are also available to provide extra comfort and support.



For those who need to sleep in a slightly elevated position, larger wedges have been designed to support and elevate the trunk and head of the user. Some people will still need to use standard pillows to achieve the support they require.

Leg supports are also available to elevate a person's feet. These may be triangular or shaped to conform to the curves of the thighs and calves.

NEED TO KNOW MORE?
 Telephone, fax or email your enquiry to obtain further information from one of the therapists about products. Alternatively, you can make an appointment to trial the equipment at our display centres or through our outreach service. Please phone LifeTec Queensland for further details. Last Updated: March 2009

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