

4 EASY STEPS TO FIT YOUR JARIK CUSHION

PLEASE FOLLOW THESE STEPS TO IMPROVE FIT, POSTURE, BALANCE AND COMFORT

DISREGARD THESE STEPS IF YOUR WHEELCHAIR COMES WITH ITS OWN FITTING INSTRUCTIONS.



PRESSURE SORE WARNING:

COMMON PRESSURE SORES

TAILBONE

SEAT BONES

DO NOT USE THIS CUSHION FOR MORE THAN ONE HOUR AT A TIME ON PERSONS AT RISK OF PRESSURE SORES. SORES CAN DEVELOP IN ONE HOUR AND LEAD TO DEATH FROM INFECTION!

These persons should receive a "pressure-relief cushion, such as the **JARIK Fluid Cushion**, if available:

- People lacking sensation in the buttocks, especially people with paraplegia or quadriplegia.
- People who previously had a pressure sore on a seat bone or tail bone.
- People that cannot shift weight off the buttocks.

IDEAL POSTURE: 90° HIPS; 90° KNEES

Following steps 1-4 below should help achieve this "ideal" posture, or close to it. For more information go to www.jarikmedical.com.

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STEP 1

ASSESS WHEELCHAIR WIDTH

Match cushion width to wheelchair width. The ideal width wheelchair allows sliding of fingers, but not palms along sides of hips.

WHY?
Narrower wheelchairs improve posture, are easier to propel and easier to get through doorways.

STEP 2

HIPS TO BACK OF WHEELCHAIR

Pull hips as far to back of wheelchair as possible. If it helps, fitter can pull on sitter's belt.

WHY?
To encourage more upright sitting.

STEP 3

ASSESS CUSHION LENGTH

If cushion does not extend within 3 finger widths from back of knee, try longer cushion. But if cushion touches back of knee, try shorter cushion.

WHY?
Because longer cushions provide better leg position, balance and comfort. (A longer cushion can overhang seat.) But cushion should not push knees forward.

STEP 4

ADJUST FOOTREST HEIGHT

Adjust footrests so that legs rest firmly on cushion front.

WHY?
This will make the biggest difference in leg position, sitting balance and comfort.

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THIS PACKAGE CONTAINS: JARIK Contoured Foam Cushion

CODE:	WIDTH X LENGTH CM	WIDTH X LENGTH INCHES	CODE:	WIDTH X LENGTH CM	WIDTH X LENGTH INCHES	CODE:	WIDTH X LENGTH CM	WIDTH X LENGTH INCHES
1-30x30	30x30	12x12	1-40x40	40x40	16x16	1-45x46	45x46	18x18
1-35x40	35x40	14x16	1-40x46	40x46	16x18	1-50x40	50x40	20x16
1-35x46	35x46	14x18	1-45x40	45x40	18x16	1-50x46	50x46	20x18

THIS PACKAGE CONTAINS: JARIK Contoured Foam Cushion With Zipper

CODE:	WIDTH X LENGTH CM	WIDTH X LENGTH INCHES	CODE:	WIDTH X LENGTH CM	WIDTH X LENGTH INCHES	CODE:	WIDTH X LENGTH CM	WIDTH X LENGTH INCHES
IZ-30x30	30x30	12x12	IZ-40x40	40x40	16x16	IZ-45x46	45x46	18x18
IZ-35x40	35x40	14x16	IZ-40x46	40x46	16x18	IZ-50x40	50x40	20x16
IZ-35x46	35x46	14x18	IZ-45x40	45x40	18x16	IZ-50x46	50x46	20x18

JARIK Contoured Foam Cushion with solid seat

CODE:	WIDTH X LENGTH CM	WIDTH X LENGTH INCHES	CODE:	WIDTH X LENGTH CM	WIDTH X LENGTH INCHES
IS-32x35	32x35	12,5x14	1S-43x46	43x46	17x18
IS-35x40	35x40	14x16	1S-47x46	47x46	18,5x18
IS-35x46	35x46	14x18	1S-50x46	50x46	20x18
IS-40x46	40x46	16x18			