

# Chair positioning



- Keep your feet flat on the floor or on the wheelchair footplates.
- Ensure that you are sitting with your back and bottom supported by the backrest of the chair.
- Place your affected (weaker) arm on a pillow or place both forearms on a pillow in front of your body.
- Never allow your arm to hang over the side of the chair, as this may damage your shoulder.
- Try to change position regularly and avoid sitting in one position for longer than 2 hours (or follow any specific advice you have been given about repositioning).