

# My Seating System

My seating system improves my posture, keeps me comfortable and makes doing school work, eating and playing easier. My seat may have a lot of adjustments, but how it is adjusted is very important for my posture, comfort and function.

My head support helps to keep my head from falling back or to the side. If my head is still falling to the side make sure my pelvic harness is tight and my shoulders are aligned above my pelvis; it will be easier for me to stay in the middle.

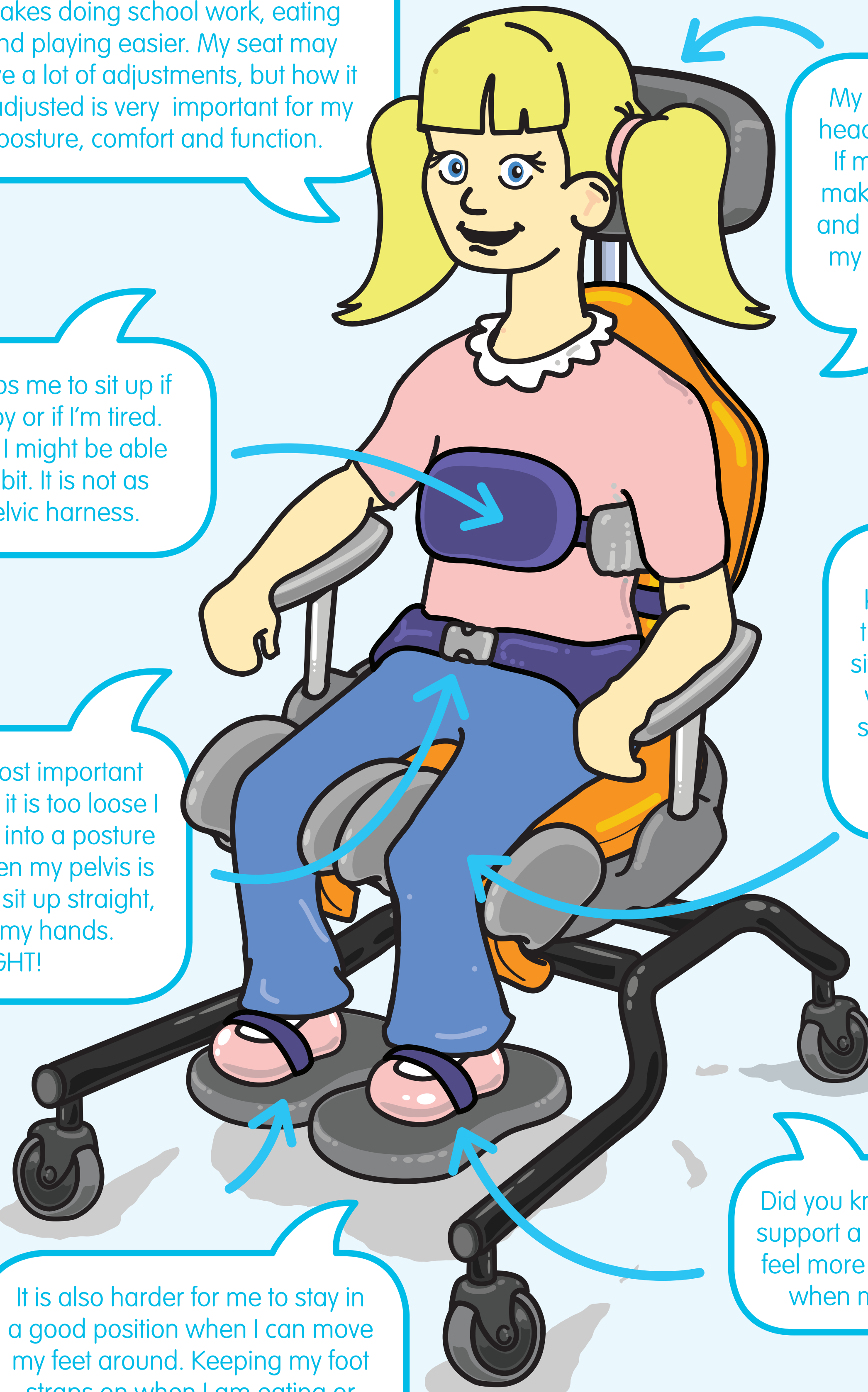
My chest harness helps me to sit up if my muscles are floppy or if I'm tired. Although it helps me, I might be able to sit without it for a bit. It is not as important as my pelvic harness.

My hamstrings work my hips and my knees. If they are tight, I feel tension in the back of my legs and it hurts when I sit in the 90-90-90 position. My therapist will set up my backrest and footplates specially to suit me. Please don't adjust them because I might slide into a posture which is destructive to me.

My pelvic harness is the most important part of my seating system. If it is too loose I feel unstable and I will slide into a posture which is harmful to me. When my pelvis is secure, it is easier for me to sit up straight, see my friends and use my hands.  
**PLEASE KEEP IT TIGHT!**

Did you know when sitting my feet support a fifth of my body weight? I feel more secure and comfortable when my feet are supported.

It is also harder for me to stay in a good position when I can move my feet around. Keeping my foot straps on when I am eating or working will help me to sit better.



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Mild - Moderate

Moderate

Moderate - Complex



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Ages 1-8



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