

# A Rough Guide to Seating

**Unsuitable seating can cause problems...**

**Incorrect seat depth and height can lead to isolation and long term immobility.**

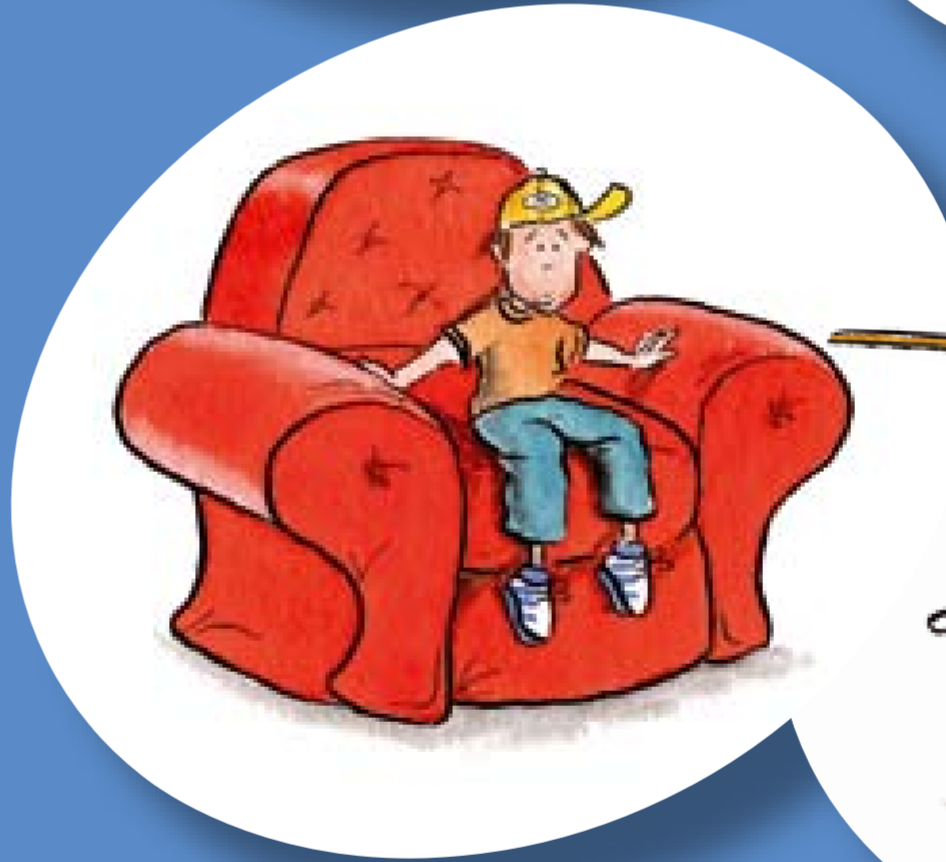


**Getting the seat wrong can increase dependency and reduce "well being".**



**Correct arm width/height and an appropriate seat will help to control posture.**

**Innappropriate provision of pressure relieving cushions can create further postural problems.**



**Now there is an answer...**

**Symmetrikit™ multi-adjustable chairs**

**Adjustable arms, seat and back.**

**Three sizes available: Small, Medium and Large**

