

If you would like to help and information about Postural management or manual handling issues , visit our website at [www.helpinghand.co.uk](http://www.helpinghand.co.uk).

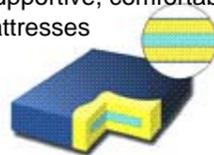
There, you can also view the other products available in our range, some of which are illustrated below:



### Meywalk–

Goes anywhere you can safely go in a wheelchair –standing up

**Lowzone**– Supportive, comfortable cushions and mattresses



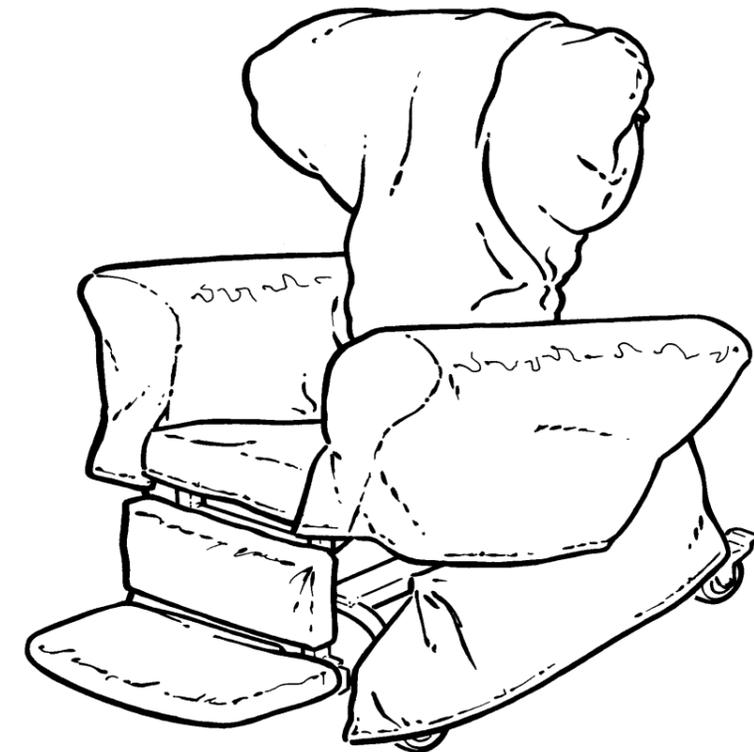
**Skyframe Hoists**-easier sling fitting, better positioning, less hassle all round.



### Symmetrisleep

Helping children to learn to lie straight.

## *SYMMETRIKIT* Small Tiltrite CHAIR INSTRUCTION MANUAL



**SYMMETRI**  
*Kit*

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## ACCESSORIES

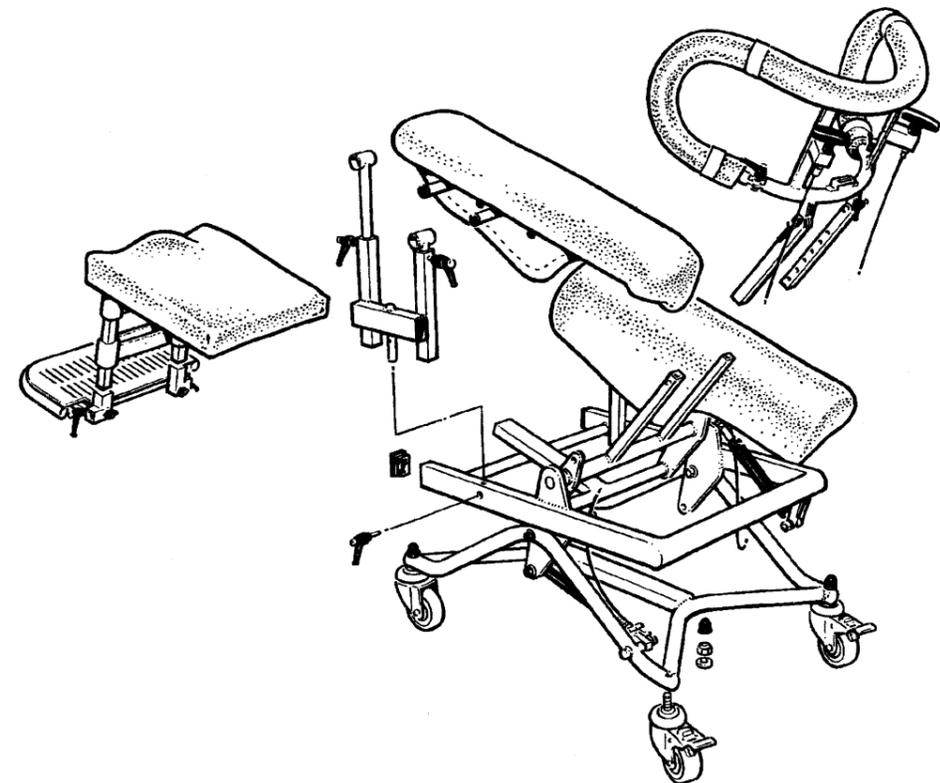
A full range of accessories is available to compliment your chair. Special components can also be designed to meet a particular need.

Standard accessories include the following:

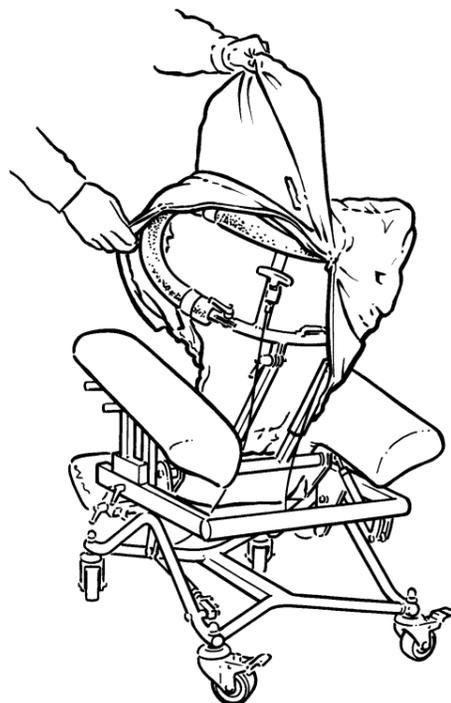
- Symmetriform back
- Table, with or without padded top
- Lumbar roll
- Lap Strap
- Pommel
- General purpose cushions
- ROHO pressure redistributing cushions
- Leg extensions
- Extra large castors.
- Chest or Groin harnesses

## EXPLODED VIEW

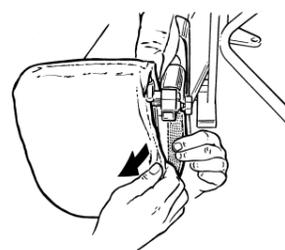
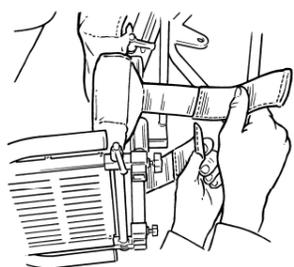
SAFE WORKING LOAD IS 80KGS



### Backrest cover



### Leg-rest cushion and foot plate cover



### **Cleaning.**

Velour or washable cotton covers: warm wash, 40°c. DO NOT USE HOTTER TEMPERATURES, DO NOT TUMBLE DRY. Hang to dry overnight.

Wipe clean covers: DO NOT WASH. Wipe down with soapy water & wipe dry.

If necessary, any upholstery or metalwork should be wiped down with dilute detergent & thoroughly dried before refitting loose covers.

## **INTRODUCTION, SYMMETRIKIT Small TILTrite CHAIR & Small SCHOOL CHAIR**

Your Symmetrikit chair has been designed specifically for the use of those who require maximum support in order to maintain their comfort and posture. Great care has been taken to ensure that your chair is simple to use and easy to maintain. Should you have any questions about positioning, please contact your therapist.

**Your chair is the most versatile chair available and has many adjustments including:**

- ◆ Arms which can be independently adjusted in height. They can also be tilted backwards or forwards, inwards or outwards.
- ◆ Removable arms for side access.
- ◆ The seat width and seat length can be altered.
- ◆ Adjustable back height.
- ◆ Adjustable recline
- ◆ Hinged headrest and adjustable wings.
- ◆ Adjustable footrest height and angle.
- ◆ True Tilt in Space. (The chair can be tilted back or forward without altering ankle/knee/hip/back angles).
- ◆ Your chair can be used flat for side lying, prone, and supine positions. Combined with the tilt in space, 'Head Down' positions can be used for postural drainage.
- ◆ Depending on the model covers can be removed for machine washing or wiped clean in situ.

## GUARANTEE

### **SYMMETRIKIT Small TILTrite Chair/ Small School Chair**

**Serial No:** .....

**Date of Manufacture:** .....

The above chair, including upholstery and covers, is guaranteed against faulty materials and faulty workmanship for a period of TWELVE MONTHS from the date of manufacture.

The guarantee is valid for fair wear and tear only. It is not valid in cases of misuse, or uses other than those specified in the manufacturer's Instruction Manual. We do not guarantee fabrics against shrinkage so please pay careful attention to washing instructions.

Should spare covers be ordered subsequent to the purchase of this chair, we cannot guarantee an exact colour match for velours as dye strengths vary. We reserve the right to withdraw patterns or colours from the range, but will always endeavour to find the closest match available.

Footplate covers are not covered in the warranty.

Certain movement patterns and behaviours may accelerate fabric wear. This cannot be covered by guarantee.

#### **Please note :-**

Modifications to increase the length of the leg rest will restrict the amount of forwards tilt available.

Non standard specifications may affect the stability of the chair.

Wide arm settings may cause difficulty in moving the chair through narrow doorways.

This chair is not intended for outdoor use.

#### **Safe use of your Symmetrikit Chair**

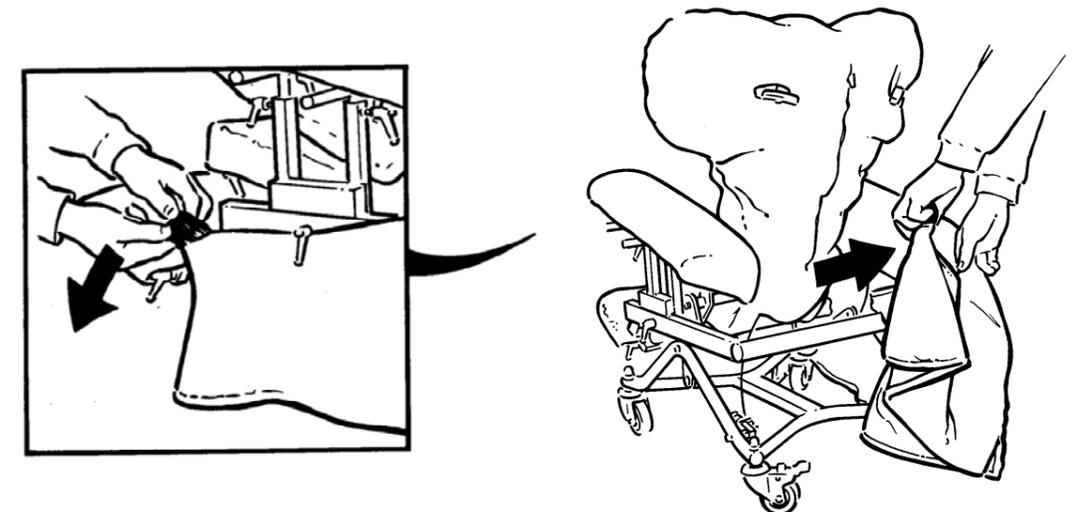
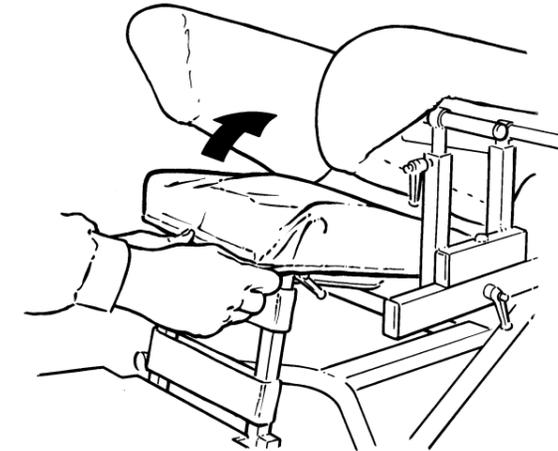
Using the chair in transit is not recommended and the warranty will be void. Please ensure the chairs are transported WITHOUT seated clients.

**When selecting and issuing a piece of equipment it is the responsibility of the Therapist to carry out a risk analysis on its use.** This particularly pertinent for non-ambulant users who may require assisted transfers.

## UPHOLSTERY & COVERS-MEDIUM TILT CHAIR

**Fitting Loose Covers.**

Seat Cover & Valances



### 3 SPECIAL POSITIONS

#### **Side Lying**

Use the adjustable back angle mechanism to drop the back of the chair into the horizontal position. Then raise the leg rest. You may need to use the tilt in space handle to make the final adjustment

#### **Prone Lying and Postural Drainage**

Put the chair into the horizontal bed position as described above. It is possible to lie with the head at either end of the chair. The tilt in space handle can then be used to angle the chair so that the head is slightly above the feet for prone lying, or slightly below the feet for postural drainage.

#### **Poor Muscle Tone**

If there is a tendency to fall sideways or forwards, try raising the arms at the back of the chair to give extra upper body support, while tilting the chair back slightly.

Seating requirements may change. The user should be regularly reassessed to ensure that the chair is adjusted appropriately.

It is recommended that therapists and carers complete the following checklist when assessing the appropriate use of Symmetrikit chairs.

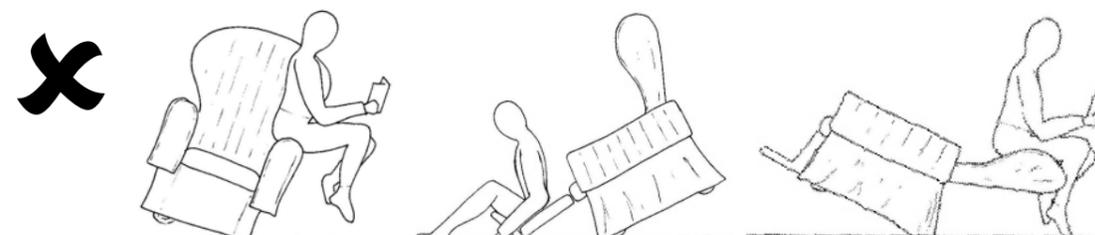
1. Is the users posture acceptable in the chair?
2. Are there concerns about pressure and are they being addressed?
3. Is the user considered to be safe in the chair or would harnessing be needed to keep them safe? A posture belt is recommended at all times.
4. Does the user or others around them have any behaviours which would render the chair unsafe?
5. Is the chair appropriate for the proposed environment?
6. When using the chair to provide different postures always check the user's respiratory competence.

#### **Safety restrictions**

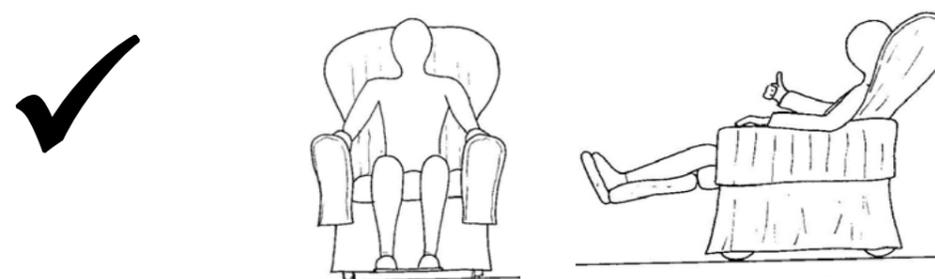
Great care is taken in the design of this product to ensure that it complies with all the appropriate safety legislation.

Please ensure that all staff are familiar with the following restrictions.

**Incorrect use of this product can cause accidents.**



**Do not allow anyone sit, kneel or stand on the leg rest, arms or back rest of this chair.**



The user must always be positioned within the wheel base of the chair. A posture belt may be necessary to achieve this at all times.

## ADJUSTMENTS

### Arm Adjustments

Remove one of the arm covers. Underneath you will see four locking levers. Two of these control the upward and downward movement of the arms, to achieve the desired level of trunk support. The other two control the inward and outward movement - allowing the width of the seat to be adjusted.

Note: Arm adjustments are most easily made if all four levers are slackened at the same time. In this condition the arms can be tilted or pointed to give extra support where needed, for instance, high trunk support at the back of the arm.

Important: All levers on the chair have are spring loaded arms which, if they rest in an awkward position can be pulled and twisted to a more convenient position without releasing the lever body.

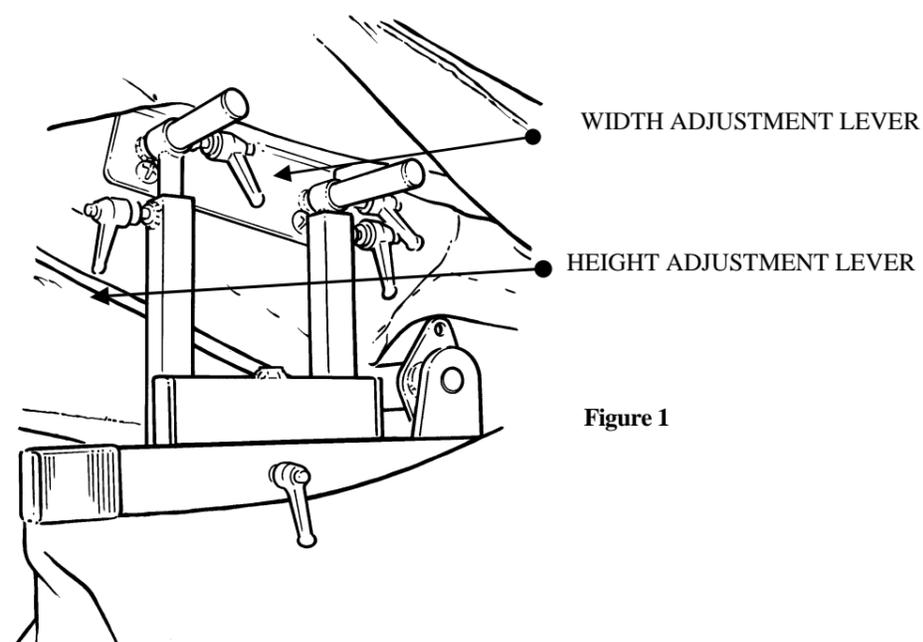


Figure 1

## 2 ADJUSTMENTS FOR GROWTH

### Seat Depth

One release lever is located underneath the seat, on the right hand side of the seat frame and about 2/3 of the way back. Loosen to adjust seat depth then re-tighten. To further reduce the seat depth, a wedge cushion can be located behind the back cushion. The relationship between the seat depth and the leg-rest cushion is maintained automatically.

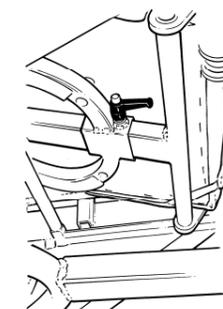


Figure 7

### Leg Length (see figure 5)

The knee to footrest length can be adjusted using the levers on the back of the footplate assembly.

### Back Height

Unzip the back cushion cover surrounding the two upright tubes which form the back of the chair. You will see two spring buttons and a number of locating holes. Depress the spring buttons & adjust the back height as required. Re-zip the cover.

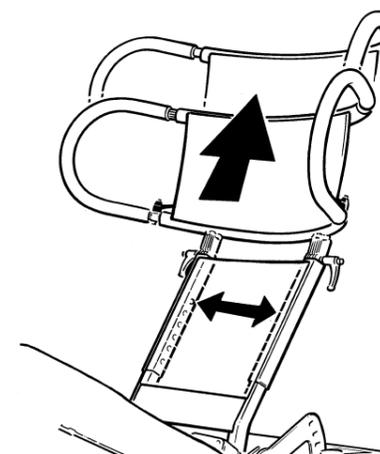
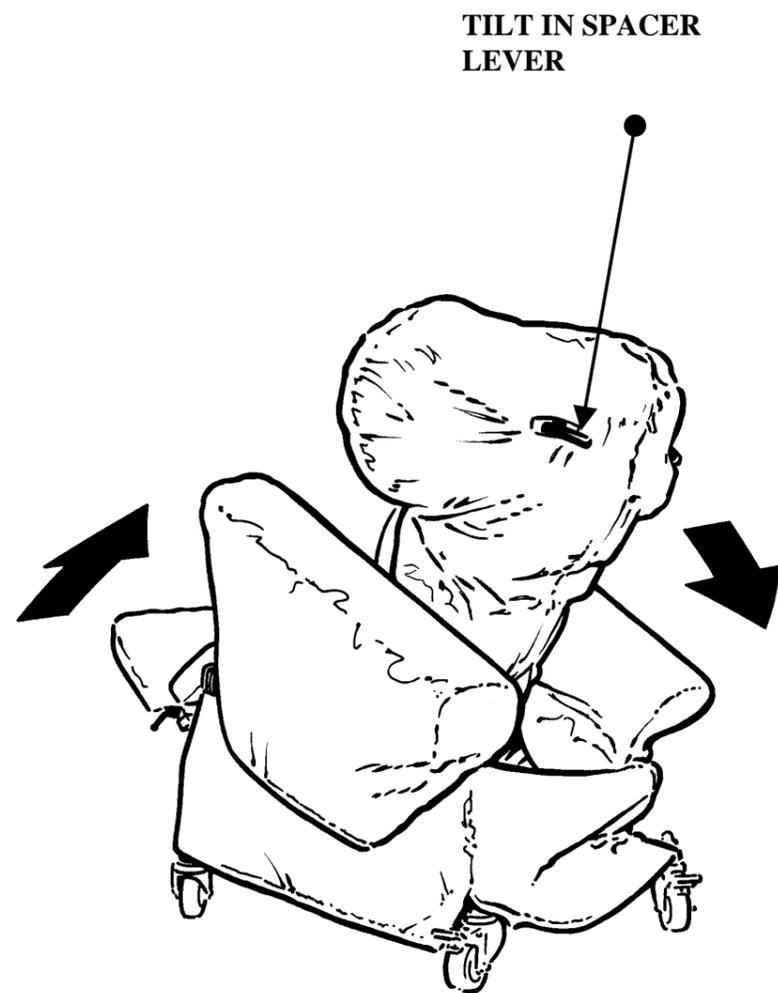


Figure 8

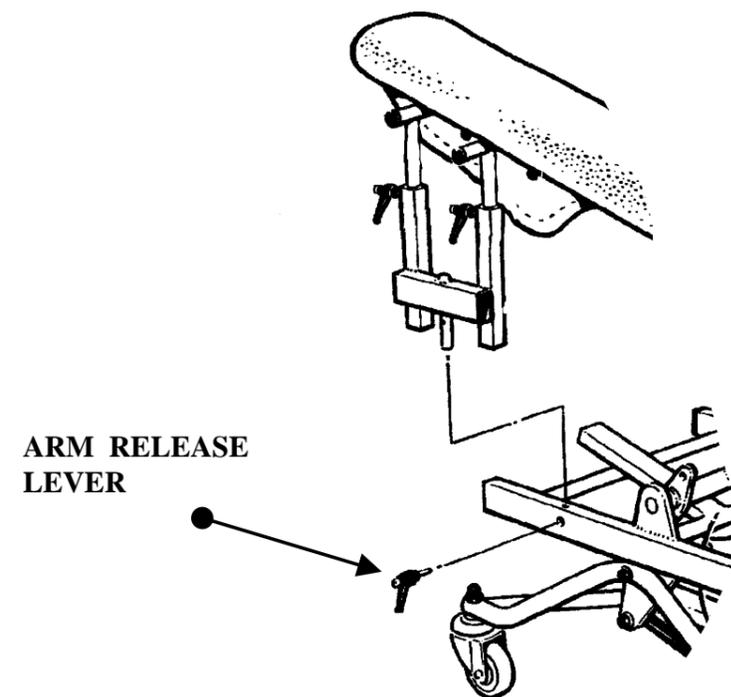
of all other functions simply pull this handle upwards. Once the chair is at the required angle release the lever to lock the position.

**Figure 6**



**Arm Release Mechanism (See Figure 2)**

This enables the complete arm to be removed so that side transfer can be achieved or a sling can be put in position. To release the arm, rotate the locking lever in the side frame, directly below the arm, anti clockwise until arm is released then pull the arm assembly upwards.

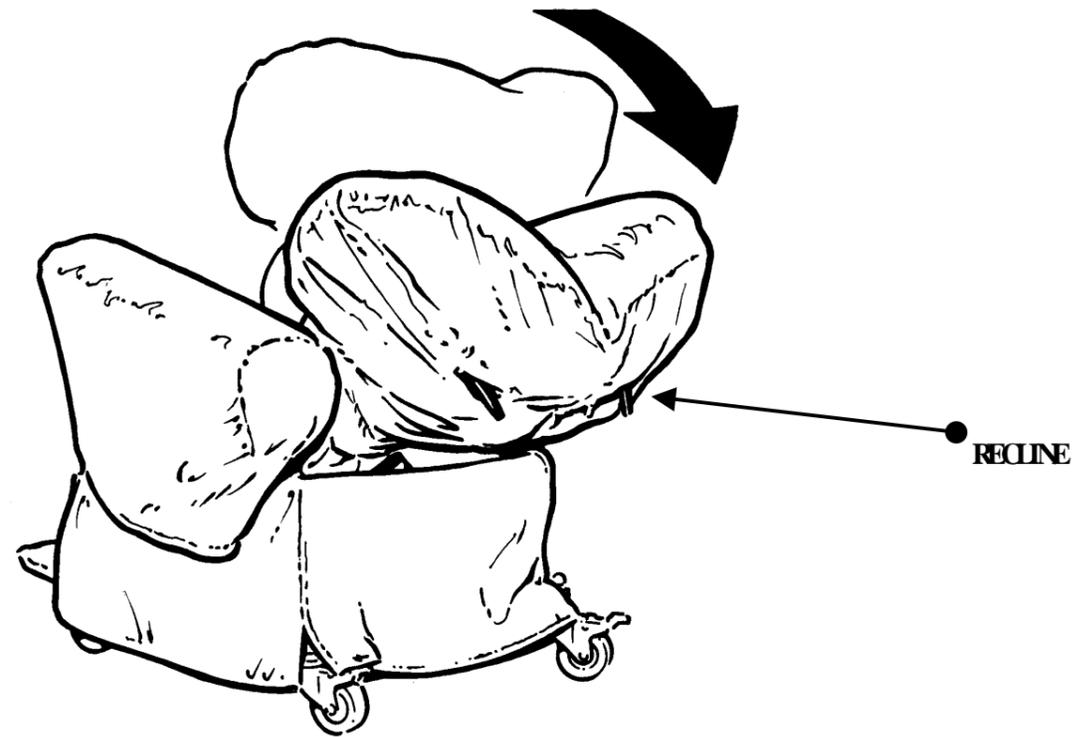


**Figure 2 (arm covers removed for clarity)**

### Reclining the backrest

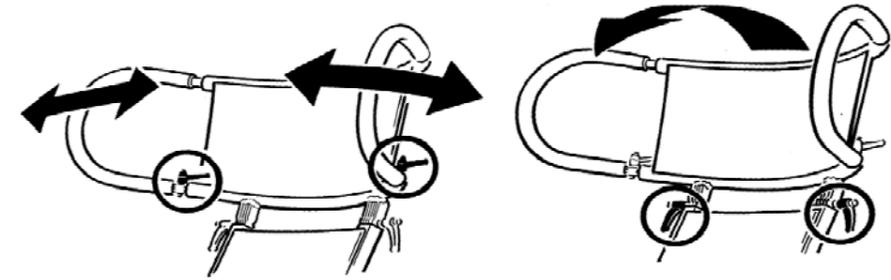
At the back of the chair, towards the top of the back you will find two T-handled levers. To recline the backrest pull the right hand lever upwards, the back can now be moved to any position from 90 degrees to horizontal. The backrest will lock in place as soon as the lever is released. If it is intended to lower the back down to (or near to) the horizontal from a vertical position it may be more convenient to take the user out of the chair during this operation. This may also apply when raising the back from the horizontal.

Figure 3



### Hinged Headrest and Adjustable Wings

Inside the top of the back cushion cover there are two levers on each side of the chair. One pair of levers allows the side wings to be adjusted to give lateral head support. The other pair allows the top of the chair back to be tilted forwards or backwards. **Figure 4 (cover omitted for clarity)**



### Adjustable Leg and Foot Rest

At the front corners of the seat are two levers, these are released by turning anti clockwise, this allows the legrest to be set to the desired angle. Once in position the angle is locked by re-tightening the levers.

The angle of the footplate is similarly adjusted using the lever marked below.

### Tilt in space

Locate the tilt handle on the left hand side of the chair back. To tilt the whole chair in space independently

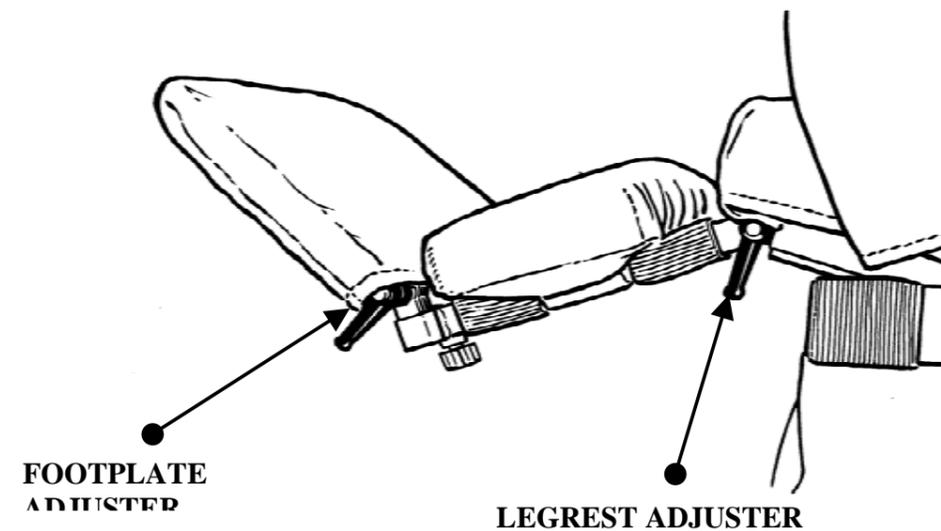


Figure 5