

Children to Adult
Chair Sizes

HydroFlex

Supporting Health & Social Care Professionals with their seating provision and meeting equipment criteria.

Clinical Justification & Case Studies

CareFlex

The HydroFlex

Supporting Health Care Professionals with their seating prescription and meeting equipment criteria.

The HydroFlex is a flexible rehabilitation chair that offers high levels of adaptability for those with more complex posture management and pressure care needs.

Introduction

The HydroFlex's ability to achieve a wide variety of positions, together with the comprehensive range of accessories, means the chair can effectively correct or accommodate specific postural challenges or form part of a rehabilitation programme. It is an ideal choice for individualised prescriptions, especially for clients with neurological disorders and those recovering from cerebrovascular accident or head injury, but is also suited to multiple-user environments due its adjustability and functions. It is available in small and medium sizes, and provides high levels of comfort and the robust construction quality associated with CareFlex.

Clinical Need

When an individual's ability to achieve good sitting posture is affected, either through illness, injury or disability, it can have a significant impact on their health and wellbeing. Specialist seating aims to allow individuals, who might otherwise have difficulty, to achieve their optimum sitting posture to sit out comfortably, interact with their environment, participate in activities of daily living and enhance physiological function.

Top tip: Check out the CareFlex website for detailed information on specific postural challenges and how specialist seating can help.

The HydroFlex has been designed and engineered for individuals who present with complex postural needs and are at risk of pressure injury:

- For cases where posture is at risk of significant decline without support as a result of the user's disability, injury or illness.
- Total support is required to prevent or delay postural deterioration, encourage optimum physiological function and improve their health and wellbeing.
- Primary goals include safety, postural support and optimum pressure management.

The HydroFlex meets the following chair requirements:

- Fully adjustable and highly flexible to correct or accommodate complex postural presentation.
- Safely supports the user to engage in everyday life and improve their quality of life.
- Integral pressure management to reduce the risk of pressure ulcers as a result of asymmetrical postures and unequal loading of tissues.

Top tip: For individualised prescriptions for users with less complex postural needs, consider the HydroCare or HydroTilt.



Seating Objectives

The HydroFlex effectively balances four key objectives for specialist seating provision:

1. Comfort

2. Function
3. Postural management
4. Pressure care

The HydroFlex achieves this by enabling the user to meet the basics of good sitting posture:[1]

- The body is conformed to the supporting surface symmetrically.
- Body weight is distributed equally over the maximum surface area.
- A balanced and stabilised body that can adjust to change.
- Body segments are supported and aligned as much as is possible.
- Upper limbs are free from their load bearing role for function.

Comfort

Comfort is key for quality of life, and for this reason it is the top priority at CareFlex. Comfort may seem an easily achievable goal but everyone has their own ideas on what being comfortable actually means. To some it could mean feeling safe, to others it could mean feeling energised, to those using other specialist equipment it could mean the opportunity for some freedom, and to those who experience pain it could mean finally being able to relax.

The challenges experienced by individuals with postural needs can make it difficult for them to sit comfortably. Individuals with complex disabilities can present with abnormal muscle tone and involuntary movements, which are associated with painful spasms and instability. Comfort is equally important for individuals who experience a more sedentary lifestyle, as spending prolonged periods in a seated position can result in stiffness and chronic pain.
Specialist seating that promotes comfort and feelings of safety can not only enhance an individual's daily life but also increase tolerance of a desired seated position and compliance with equipment. If an individual isn't comfortable then they may not use the chair regardless of the clinical benefits.[2] Consistency of use is crucial for achieving outcomes and thus reducing the risk of secondary complications.

Top tip: Comfort is subjective. In order to achieve comfort, the client must be involved throughout the assessment and prescription process. The client is at the centre and we need to ensure that their views are respected, along with all those involved in their care.

Function

Specialist seating is not only important for protecting the body segments and reducing the risk of secondary complications but also encouraging normal functional movement and the promotion of independence. Independence is crucial for an individual's wellbeing and is an important factor in living a fulfilling life.
Freedom of movement is achieved through effective stabilisation of the pelvis and trunk[3] as the upper limbs are removed from their load bearing role. A stable posture has been shown to help an individual engage more fully in social activities at home, school or work, and as part of the community.[4]

Energy management is a critical part of promoting both comfort and function. Fatigue can affect all aspects of an individual's life and can significantly restrict their ability to engage in daily living, as well as having a negative impact psychologically and socially.[5] An unsupported posture can cause fatigue by making inefficient use of the body structure. Gravitational forces can also make sitting effortful for those who present with muscle weakness and abnormal muscle tone. Fatigue, if unmanaged, can be associated with significant postural challenges, including kyphoscoliosis, posterior pelvic tilt and contractures.

Early implementation of fatigue management strategies into daily life is critical, and could reduce the impact and the probability of fatigue becoming chronic.[6] The appropriate use of specialist seating can encourage energy conservation, making it easier for individuals to live a meaningful life. Specialist seating systems allow users to

be more involved in activities of daily living, including interaction and engagement, due to the opportunity to rest and recuperate resulting in more energy throughout the day.

Postural Management

Postural management is the use of any technique to minimise postural abnormality[7] and is evidently linked to an individual's ability to achieve their seating objectives. Lack of postural care and prolonged abnormal sitting postures can cause tension on the body and increase the risk of significant secondary complications, such as exacerbated pain and postural deterioration.[8] Proper positioning has demonstrated that it can decrease fatigue whilst helping to alleviate chronic discomfort and maximise function.[9] As the body structure is supported, and the segments work together efficiently, the user will experience improved comfort, stability, functional movement, and energy conservation.

Top tip: Effective postural management targets all body segments;[1] pelvis, thorax, upper limbs, head, thighs, lower legs, and feet.

A major goal in postural management is to promote good health and enhance autonomic nervous system function.[10] A person's inability to sit upright can result in increased dependence and decline in overall health over time, primarily reflecting altered physiological function.[11] Trunk asymmetry and poor head position can impair respiration, cardiac efficiency, swallow function, and digestion. Consequently, increasing the risk of aspiration, infection, and any related hospital admission.

An appropriate seating system can provide the optimum position for respiratory and circulatory function.[8] An upright sitting position can also facilitate a normal swallowing pattern[12] and improve components of eating and drinking behaviour by maintaining good head alignment.[13]

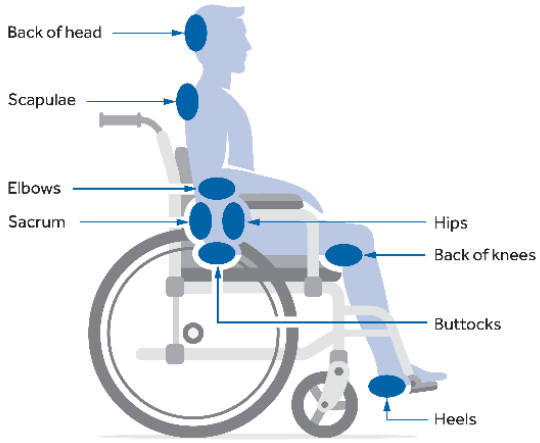
Top tip: The pelvis is the foundation for a good sitting posture as it dictates what happens to the body segments above and below. Positioned at the person's core, it acts as a support system for the entire body. The pelvis should be stabilised in all planes of movement. The aim is to correct the pelvis if it can be corrected; however, any fixed pelvic challenges must be accommodated.

Reducing costs is also a long-term benefit of appropriate postural management.[14] It can reduce costs associated with hospital admission, pressure injuries and infection. It reduces the need for invasive and expensive interventions too.

Pressure Care

Posture and pressure are inextricably linked; body posture and positioning have a direct influence on the pressure going through specific body sites.[15] Even in the gold standard sitting position, body weight is distributed as follows:[16]

Through buttocks and thighs: 75%
Through the feet: 19%
Through the arms of the chair: 2%
Through the back: 4%



The body can only withstand high interface pressures for a short period of time, and when loading of tissues is unequal, and/or pressure isn't regularly relieved, pressure ulcers can occur.[17] There are also a number of contributing or confounding factors, including pressure, shear forces, friction and moisture, associated with pressure ulcers.

Clinical Justification

Everyone is potentially at risk of developing a pressure injury.[18] The impact of a pressure injury is profound, with individuals being affected physically, psychologically, socially, emotionally, spiritually, and financially.[19]

Top tip: Professional guidance from a Tissue Viability Nurse or District Nurse may be indicated.

A key intervention of pressure care is pressure redistribution; regular repositioning is critical for those deemed at risk of developing a pressure injury as it is believed to be one of the most effective methods for preventing skin damage.[15] The opportunity to sit out can offer a much-needed change of position to encourage blood flow and redistribute pressure. Specialist seating systems aim to reduce the risk of pressure injuries by distributing the user's body weight evenly throughout the chair over the maximum surface area with posture supported as aligned and symmetrical as possible.

Top tip: Tilt-in-Space* can aid repositioning with the aim of redistributing pressure regularly as part of the client's 24-hour posture and pressure management plan.

Appropriate management or, better still, prevention of pressure injuries can not only improve an individual's outcomes and quality of life, but it can also reduce the costs to health and social care services benefitting the wider community.

Specialist Seating Provision

Once an assessment is completed, Health Care Professionals will need to justify their specialist seating prescription. Clinical justification is important as it aids in decision-making, prioritising and securing funding for equipment. It is the opportunity for Health Care Professionals to advocate for the best client outcomes.

To clearly demonstrate an individual's need for specialist seating, and to comprehensively convey the clinical justification, a funding request should:

- Be holistic and, where possible, have a multi-disciplinary approach.
- Identify the seating needs, considering the aims and objectives of the client, their support network and the environment.
- Present the clinical findings and prove how the chair can meet the seating needs, but also state the risks of not prescribing the chair.
- Back up any claims with evidence, including research, guidelines and legislation.
- Outline past and current interventions to demonstrate that less costly interventions have been considered.
- Demonstrate clearly the cost effectiveness of prescribing the chair and the cost implications of not prescribing the chair.



HydroFlex Seating Solutions

The HydroFlex offers comprehensive seating solutions, due to a range of functions and accessories, which will enable individual users to achieve their seating objectives:

Reliability

- Since 1995 CareFlex has been collaborating with Health Care Professionals to develop innovative and effective specialist seating; CareFlex understand the importance of balancing comfort, function, postural support and pressure care.
- CareFlex have confidence and pride in their specialist seating and the positive

The HydroFlex

impact they know it can have on people's lives. They have therefore submitted their products for independent testing and evaluation over the years, including pressure mapping and published clinical research. For further information, a copy of the summaries can be obtained from the CareFlex website: https://www.careflex.co.uk/info-centre/clinical-evaluations/

Adjustability

- Every chair must be set-up to fit its user; if it is not then it can cause more harm than good.
- Adjustability is critical for postural stability and pressure distribution, and ensures the chair dimensions can be easily configured for individuals of different body shape and size.
- The HydroFlex's seat depth can be easily adjusted to ensure the user's pelvis is supported at the back of the chair, correctly aligned and not tilting into a sacral sitting posture.
- Correct seat depth ensures pelvic stability by supporting the pelvis posteriorly. Without posterior support, the user can go into a posterior pelvic tilt. If the seat depth is too long, the user won't be able to flex their knees over the seat edge so they will slide forward in the chair to allow knee flexion. If the seat depth is too shallow the area over which body weight is distributed may be reduced, which increases the risk of pressure injury.
- A seat width adjustment kit includes a pair of arms (choice of 2 heights), back option (flat or contoured), and an appropriate cover.
- Seat width adjustment helps to laterally stabilise the pelvis. Correct seat width can reduce the tendency for the user to lean or shuffle the pelvis. These undesirable movements can result in pelvic obliquity or pelvic rotation and the posture becoming increasingly unstable with unequal loading on tissues. Left unmanaged, this leaning posture could lead to the development of a scoliosis.
- The option for loose covers will also allow for multi-user adaptability.

Robustness & Durability

- The HydroFlex provides high levels of comfort and the robust construction quality associated with CareFlex.
- The chair is durable with a 100kg safe working load and maximum user weight in the small version and 150kg in the medium version.
- The four fully braked castors have sealed bearing hubs for enhanced durability and smoother manoeuvrability.
- For peace of mind the HydroFlex comes with a 5-year warranty on the frame and 1-year on all other parts and labour.



Infection Prevention & Control

- Specialist seating systems within health and social care environments can be a cause of cross-contamination and therefore infection prevention and control must be considered during the assessment and prescription processes.
- The HydroFlex is available with either fixed or loose covers. The fixed cover version has a cleaner, crisper appearance to make what is essentially a clinical product look more appropriate in a domestic environment. The fixed cover greatly reduces the need for Velcro on the chair, which may make the chair more appropriate in areas where infection prevention and control is a significant consideration. The loose cover version has greater flexibility in terms of adjusting the chair's configuration and carrying out servicing and repair procedures.
- A chair protector is available that fits over the seat, arms and lower back, which

Clinical Justification

prevents contamination and stops debris getting trapped in the moving parts of the chair.

Tilt-in-Space*

- Tilt-in-Space can promote pelvic stability and assist with positioning by encouraging the pelvis to remain at the back of the chair.
- Tilt-in-Space can be a key function in order to achieve energy conservation by allowing periods of rest, without affecting the critical angles for sitting.
- Tilt-in-Space can be used to reposition an individual against the forces of gravity in different degrees of tilt to redistribute pressure and ultimately reduce the risk of pressure injury.

Back Angle Recline*

- Back angle recline adjusts the angle between the chair and seat back promoting comfort, relaxation and energy management for the user.
- Back Angle Recline can accommodate reduced range of movement at the hips, alleviating pain associated with the lower limbs, and reducing abdominal pressure.
- It can also play a key role in pressure redistribution when used in combination with Tilt-in-Space.



WaterCell Technology

- The seat cushion uses CareFlex WaterCell Technology and vapour permeable upholstery, which work synergistically to provide continuous pressure care.
- CareFlex WaterCell Technology provides a reliable and dynamic pressure care solution for people at medium to high risk of pressure injury.
- WaterCell Technology enables the individual to achieve a stable and functional posture without compromising on pressure care and comfort.
- The water cells work by allowing the seat cushion to contour naturally and effectively around the user's body.
- The layer of Visco-Elastic Memory Foam moulds to the shape of the buttocks and thighs, distributing weight over a larger surface area and minimising pressure build-up under bony areas.

Flat Back

- The flat back support offers pressure care and long-term comfort with integrated WaterCell Technology.
- The flat back is a simple conforming support for the lower back whilst the user is sitting upright and in a tilted position.

Contoured Back

- The contoured back option provides gentle lateral feedback and support for the trunk by centralising the posture to midline with contoured pads.
- This may be indicated for users who present with limited sitting ability due to weakness, abnormal muscle tone or fatigue.

Pelvic Support

- A seat wedge is available that creates an acute hip angle to support the pelvis with stability at the back of the seat.
- Blockers can provide comprehensive lateral support for the pelvis and thighs.

The HydroFlex



Adjustable Lateral Support

- Adaptable thoracic control with independent height and width adjustment is achievable with external lateral support.
- Various pad size and shape options for simple or complex spinal profiles are available.
- This support may be indicated for individuals who require firmer trunk control to achieve an optimum upright midline position.

Articulating Head Section

- The articulating head section allows for specific profiling of the back of the chair to accommodate more complex head positions and an increased thoracic kyphosis.
- Combined with tailored adjustment of the wings a stable and safe head position can be achieved ensuring maximum comfort for the user.



Soft Headrest

- A comfortable rectangular pillow that can support the head if an individual presents with weakness or fatigue, available in shallow and deep.

Soft Profiled Headrest

- A contoured pillow that comfortably supports the shoulders, neck and head to encourage head alignment for interaction and optimum physiological function for users with reduced head control.

InLine Headrest

- Memory Foam lining providing full cranial support with cut-away sides for unobstructed sight and hearing.

Soft Pillow Headrest

- A deep, ultra soft pillow that conforms to the shape of head and shoulders providing a higher level of comfort.

Neck Headrest

- Has a deep profile to give greater lateral control.

Foam Headrest

- Available in shallow, medium and deep, providing basic lateral head control.

Transfer Arms

- Fully removable arms will facilitate clients' lateral transfers from both sides.
- This is will promote independence and encourage activity.
- The ability to remove the arms can also assist with sling application and removal for improved positioning.



Clinical Justification

Independently Elevating Channelled Leg Rest

- The leg rest will provide effective lower limb positioning whilst promoting alignment and stability with channelled support.
- The leg rest can raise the feet above hip level, which can help to improve circulation and reduce swelling.
- The angle of leg rest elevation tolerated by an individual is dependent on their hamstrings muscles and knee joint range of movement; inappropriate elevation of the lower limbs can cause pain, a posterior pelvic tilt, and sliding down the chair increasing shear and friction forces.

Angle Adjustable Fold-Down Footplate

- Insufficient foot support can negatively impact on postural stability and pressure risk; individuals naturally seek support through the feet to obtain the proprioceptive feedback required.
- The HydroFlex's angle adjustable footplate can accommodate fixed angles of plantar flexion at the ankle or correct foot posture to a more neutral position for comfort and pressure distribution.
- Single-side release of the footplate angle control mechanism simplifies operation; lowering the footplate, adjusting the angle and stowing the footplate can all be carried out from one side of the chair.
- A detachable footplate pad is available that can provide greater comfort.
- An extended footplate is also available that can promote thorough sensory feedback.

Belts & Harnesses*

- A padded pelvic belt is an intervention that is available for anterior pelvic stabilisation and can be used as a safety belt when portering clients.
- A 4-point padded pelvic belt has a centre pull adjustment and comfort pads to reduce pressure on the front of the pelvis with secondary straps that pull down over the thighs at right angles to the seat base to maximise pelvic stability and reduce the risk of sacral sitting.
- A groin harness is a positioning aid that provides maximum pelvic control to help stabilise the position of the pelvis and prevent the user from sliding forward in the chair.
- A dynamic chest harness provides anterior support and comfort whilst not restricting active positioning and function; the lower straps have multi-direction buckles that swivel to avoid twisting.
- A sternum harness provides greater upper trunk stability but allows for user movement.

- An anterior knee strap can be used with the pommel to block the front of the knees to stabilise the pelvis into an upright position.

Pommel

- An external pommel can encourage thigh alignment and further assist with maintaining pelvic stability.

Tray

- A tray can be prescribed to offer further upper limb support and enable engagement in activities or occupation.

Support Network Considerations

- It is imperative that the client's support network and the environment in which the chair will be used are considered to ensure compliance and consistency of use given the potential complex presentation.
- The HydroFlex has been designed with the user's support network in mind; there is an ergonomic push handle for safe and easy handling of the chair.
- It is lifting hoist and standing hoist compatible to both promote safe moving & handling for non-ambulant users and facilitate transfers for those who remain ambulant or semi-ambulant; thus, reducing carer load and dependency.
- Tilt-in-Space can assist with positioning during moving & handling by utilising

The HydroFlex

gravity to position the pelvis at the back of the chair.

- The transfer arms also allow easy access to slings and can facilitate transfers from both sides.
- Four braked and swivel castors promote security and smooth portering, with care homes, hospital wards, hospices and respite settings in mind.



References

1. Pope PM (2002) Posture management and special seating In Edwards S (Ed) Neurological Physiotherapy London: Churchill Livingstone
2. Bartley C, Stephens M (2017) Evaluating the impact of WaterCell® Technology on pressure redistribution and comfort/ discomfort of adults with limited mobility Journal of Tissue Viability 26(2):144-149
3. Green EM & Nelham RL (1991) Development of sitting ability, assessment of children with a motor handicap and prescription of appropriate seating systems Prosthetics and Orthotics International 15:203-216
4. Trefler E, Taylor SJ (1991) Prescription and positioning: evaluating the physically disabled individual for wheelchair seating Prosthetics and Orthotics International 15(3):217-224
5. NHS (2020) Fatigue Available from: https://www.yourcovidrecovery.nhs.uk/managing-the-effects/effects-on-your-body/fatigue/
6. NHS England (2020) After-care needs of inpatients recovering from COVID-19 Available from: https://www.england.nhs.uk/coronavirus/publication/after-care-needs-of-inpatients-recovering-from-covid-19/
7. Farley R, Clark J, Davidson C, Evans G, MacLennan K, Michael S, Morrow M, Thorpe S (2003) What is the evidence for the effectiveness of postural management? International Journal of Therapy and Rehabilitation 10(10):449-455
8. Royal College of Physicians (2016) National clinical guideline for stroke Available from: https://www.strokeaudit.org/Guideline/Full-Guideline.aspx
9. Cook AM, Hussey SM (2002) Assistive Technologies Principles and Practice St Louis: Mosby
10. Jones M, Gray S (2005) Assistive technology: positioning and mobility In SK Effgen (Ed) Meeting the Physical Therapy Needs of Children Philadelphia: FA
11. Healy A, Ramsey C, Sexsmith E (1997) Postural support systems: their fabrication and functional use Developmental Medicine and Children Neurology 39:706-710
12. Pountney TE, Mulcahy CM, Clarke SM, Green EM (2000) The Chailey Approach to Postural Management Birmingham: Active Design Ltd.
13. Hulme JB, Shaver J, Acher S, Mullette L, Eggert C (1987) Effects of adaptive seating devices on the eating and drinking of children with multiple handicaps The American Journal of Occupational Therapy 41(2):81-89
14. Postural Care Action Group (2011) Postural care: protecting and restoring body shape Available from: www.preparingforadulthood.org.uk/media/293084/postural_care_booklet.pdf
15. Sprigle S, Sonenblum S (2011) Assessing the evidence supporting redistribution of pressure for pressure ulcers prevention: a review J Rehabil Res Dev 48(3):203–213
16. Collins F (2001) An adequate service? Specialist seating provision in the UK Journal of Wound Care 10(8):333–7
17. Waterlow (2007) Pressure Ulcers Available from: http://www.judy-waterlow.co.uk
18. National Institute for Health and Care Excellence (NICE) (2014) [CG179] Pressure ulcers: prevention and management Available from: www.nice.org.uk/guidance/cg179
19. Langemo DK (2005) Quality of Life and Pressure Ulcers: What is the Impact? Wounds 17(1)

The HydroFlex

Josh's Story

Rebecca Dunstall, Clinical Specialist, and Les Jones, Business Development Manager recently had the joy of meeting Josh at his own supported living flat at a specialist college. Josh is a 19-year-old young man who enjoys swimming, gaming, drawing, music and archaeology.



Josh has Duchenne Muscular Dystrophy and Erb's Palsy:

- Due to Josh's diagnosis and the nature of the condition, it is critical that his posture is appropriately managed to ensure that he is able to maintain functionality and that his positioning does not deteriorate quickly.
- Josh spends the majority of his day sat in his Quickie powered wheelchair. As a result, he is at an increased risk of developing pressure injuries so his skin integrity is regularly checked.
- He uses his wheelchair for all activities, including eating, drinking, and college work. He uses a lap belt for safety, lateral knee pads to align the lower limbs, individual footplates for stability, and a headrest for comfort.
- He has no access to appropriate alternative seating.
- Josh is non-ambulant. He does wear bilateral AFOs as he participates in regular therapy sessions, and even uses a tilt table at his flat.
- Josh is hoisted with assistance of two for all transfers and uses an in-situ sling.

The aim of the visit was to determine if CareFlex specialist seating could improve Josh's quality of life. On assessment, it was clear that Josh would benefit from a change of position and seating support surface during the day to reduce his time spent in his wheelchair. Specialist seating would enable Josh to feel comfortable and relax at home, whilst continuing to manage his postural and pressure care needs.

We agreed to trial the HydroFlex as it offered the combination of comfort and postural support that Josh needed. Josh immediately relaxed into the chair and commented that he could easily fall asleep! He thought the chair was comfortable, had nice material, and it would feel good to use it after his therapy sessions.

The HydroFlex offered Josh the following:

- Flexible postural support throughout the chair will reduce the risk of postural deterioration related to Josh's condition.
- Appropriate foot support, as used in his wheelchair, encouraged postural stability and in turn improved functionality.
- The channelled leg rest aided in lower limb alignment.
- The profiled headrest promoted feelings of comfort and relaxation, whilst encouraging alignment at the trunk.
- Integrated WaterCell Technology and an adjustable seat depth ensured Josh had maximum contact with the support surface, which will enhance comfort levels whilst crucially helping to reduce his risk of pressure injuries.
- Tilt-in-space is another function that will allow for the pressure redistribution Josh requires.
- The transfer arm allowed for easier moving and handling enabling better positioning.
- The addition of a tray will allow Josh to complete his enjoyed activities in

Case Study 1

comfort.
Josh informed Rebecca and Les that he felt fully supported in the chair. As a result, he believed that his arms felt more functional.

Meeting Josh and seeing him laugh and joke as a result of a CareFlex chair truly was a highlight. It emphasised the importance of comfort on wellbeing and quality of life. It is important that specialist seating addresses clinical objectives, but we must always keep the person at the centre.

At CareFlex, we strongly believe in our ethos: we strive to balance posture and pressure management with the individual's own goals, whilst promoting comfort, independence and a meaningful life.

Get in touch to arrange a free no-obligation assessment if you think you or your loveone need a supportive yet comfortable chair from CareFlex.

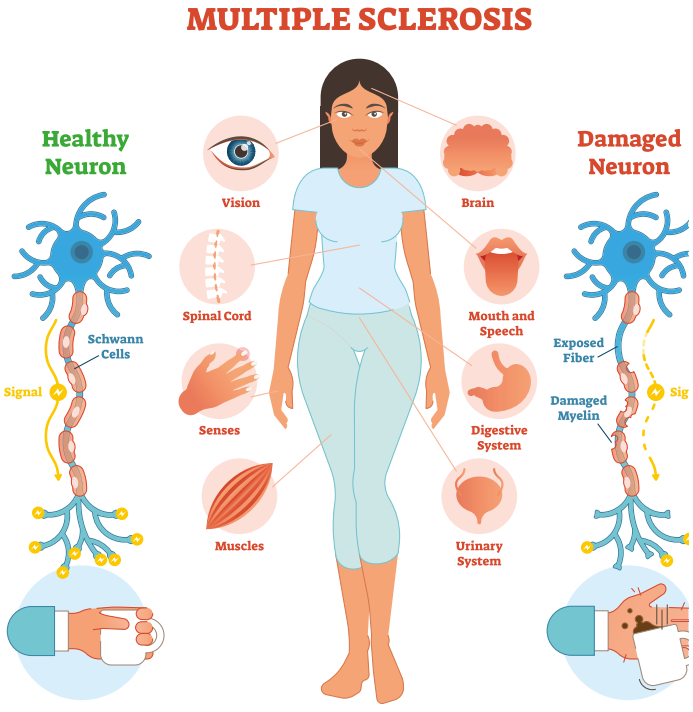


The HydroFlex

Maria's Story

Maria is a 47-year-old female who lives life to the fullest and loves making memories with her family. She lives at home with her husband and regularly has her grown-up children over for dinner. She enjoys socialising with her friends and is passionate about musical theatre. Maria has worked hard to gain a senior role in administration at the company she has worked at for over 20 years.

Maria was diagnosed with multiple sclerosis 8 years ago after noticing some neurological symptoms, including visual problems and changes to sensation. After several months of appointments and testing, Maria received the diagnosis of relapsing remitting multiple sclerosis.

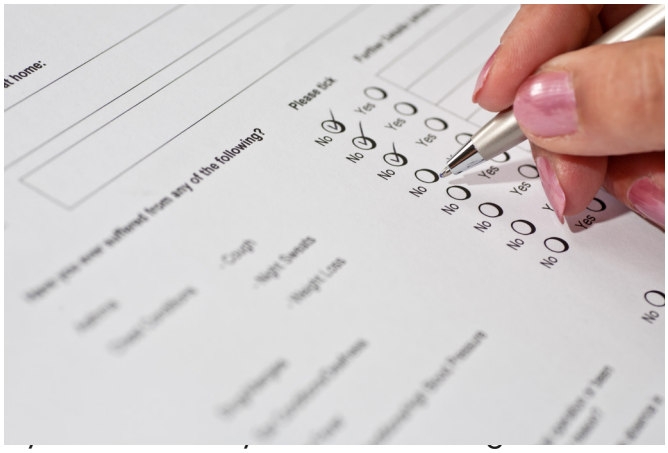


Maria has been able to manage her relapses at home with support from her GP and Specialist Nurse, and she generally makes a very good recovery with complete remission. She has been prescribed a disease modifying therapy with the aim of reducing the frequency and severity of her relapses. Maria also takes an active role in her rehabilitation by following exercise advice from her Physiotherapist. Maria is a motivated individual as it is important for her to continue to participate in daily life with her family and friends, and maintain her occupation.

However, during a relapse, Maria can experience significant motor and sensory problems; consequently, she can present with specific postural challenges:

- Pain
- Fatigue
- Muscle weakness
- Poor postural control
- Pelvic instability
- Muscle stiffness and spasms (spasticity)
- Sensory impairments

It was essential for Maria to have a comprehensive assessment with the aim of identifying appropriate specialist seating as her complex posture and pressure management needs were not being met. The correct chair would manage her postural challenges during a relapse, whilst assisting with her recovery and rehabilitation during remission.



Case Study 1

of adaptability for those with more complex posture and pressure management needs:

- Back angle recline promotes comfort and relaxation
- Tilt-in-space improves Maria's pelvic stability and promotes energy management
- An articulating head support with adjustable wings supports Maria's head in a midline position to continue interaction with family and friends
- Contoured back support offers adequate postural control during periods of weakness
- The addition of a tray allows Maria to maintain her occupation working from home
- Integral pressure management encourages maximum support with the aim of reducing the risk of pressure injury during periods of prolonged sitting
- There is also an ergonomic push handle to ensure Maria's husband can safely and easily handle the chair to support her during a relapse
- The flexibility of the HydroFlex is key as Maria has the potential for developing secondary progressive multiple sclerosis as her condition progresses; the HydroFlex can be adapted and accessories fitted retrospectively should her needs change

At CareFlex, we strongly believe in our ethos: we strive to balance posture and pressure management with the individual's own goals, whilst also futureproofing the chair so that it can evolve with the needs of the individual.

Get in touch to arrange a free no-obligation assessment if you think you or your loved one need support from CareFlex specialist seating, like Maria, to meet specific posture and pressure management needs.



DISCLAIMERS

© Careflex Limited 2021. All rights reserved. This booklet or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the copyright owner.

*Tilt-in-Space and Back Angle Recline should always be prescribed responsibly, ensuring that they are safe and appropriate for the user following a comprehensive assessment of posture and risk, with advice sought from the multi-disciplinary team where indicated. In some cases, these functions will be contra-indicated, and they could also increase shear and friction forces.

*All belts and harnesses must also be prescribed, implemented and monitored responsibly following a comprehensive risk assessment. Please see the Device safety information alert for further information: www.gov.uk/drug-device-alerts/all-posture-or-safety-belts-fitted-to-supportive-seating-wheelchairs-hoists-and-bathroom-equipment-risk-of-serious-injury-or-death

The information given in this book represents current advice at the time of publication. It is intended as general information and guidance and is not a substitute for professional medical advice which should be sought for specific, individual cases. It is the responsibility of the treating clinician, relying on independent knowledge and skills, to determine the best intervention and method of application for the client.

CareFlex Ltd
Templer House
King Charles Business Park
Old Newton Road
Heathfield
Newton Abbot
TQ12 6UT

0800 018 6440
info@careflex.co.uk
www.careflex.co.uk

CareFlex