

# EasiTilt®

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

## Clinical Justification & Case Study

CareFlex

# The EasiTilt®

## Introduction

The CareFlex EasiTilt is a supportive seating system designed for individuals who are experiencing difficulty maintaining a stable and comfortable sitting posture.

Changes in posture, sitting tolerance and functional ability may occur as a result of ageing, illness, injury or disability. As these needs develop, standard armchairs or rise and recline chairs may no longer provide adequate support.

This may present as:

- difficulty maintaining an upright sitting position
- sliding within the chair
- lateral leaning or postural asymmetry
- reduced sitting tolerance and fatigue
- increased reliance on others for repositioning

Supporting health and social care professionals with their seating provision and meeting equipment criteria.

## Clinical Reasoning

The ability to sit safely and comfortably is fundamental to health, wellbeing and function. Reduced postural control can compromise pelvic and trunk stability, resulting in inefficient loading of tissues, discomfort and reduced sitting tolerance.

These difficulties may arise due to:

- neurological or neuromuscular conditions
- musculoskeletal disorders
- cardiovascular disease
- frailty
- generalised weakness and fatigue

Without appropriate support, individuals may experience:

- pain and discomfort
- increased risk of skin damage and pressure injury
- reduced ability to engage in daily activities
- greater dependence on caregivers

Appropriate support in sitting can help optimise posture, improve comfort, distribute pressure more effectively and promote greater independence.



## Seating Objectives

Effective seating provision should aim to balance six key objectives:

1. Comfort
2. Function and independence
3. Postural support
4. Pressure management
5. Health and safety
6. Wellbeing

Specialist seating should enable individuals to:

- maintain a stable and supported sitting posture
- interact with their environment
- engage in meaningful daily activities
- sustain sitting for functional periods throughout the day

## The Role of the EasiTilt

The CareFlex EasiTilt is designed to address the key seating objectives through a combination of postural support, Tilt-in-Space positioning and ease of use.

It is particularly suited to individuals whose needs have progressed beyond what can be managed in standard seating but who do not require a highly complex specialist seating system.

The EasiTilt can:

- improve postural stability and positioning
- enhance comfort and sitting tolerance
- assist with pressure management
- reduce the need for frequent repositioning

- support participation in everyday activities
- promote safety, independence and wellbeing

### Comfort

Comfort is a primary goal of seating provision and directly influences compliance with equipment. Individuals with postural instability and reduced active movement often experience discomfort due to prolonged sitting, muscle fatigue or abnormal postural loading. They may:

- frequently reposition unsafely
- not reposition at all
- request early return to bed
- disengage from activities

Supportive seating that promotes comfort and a sense of safety can increase sitting tolerance and overall quality of life.

**Top Tip:** Comfort is subjective. In order to achieve comfort, the individual must be involved throughout the assessment and prescription process. If an individual is not comfortable, they may not use the chair, regardless of the clinical benefits.

### Function and Independence

A stable sitting posture enables individuals to use their upper limbs more effectively for participation in daily life. When posture is unstable, the upper limbs often become involved in maintaining balance rather than performing functional tasks.[2]

By improving postural stability, supportive seating can:

- enhance upper limb function
- support social interaction
- increase independence in daily activities
- promote energy conservation
- reduce reliance on caregivers

### Energy Management

Fatigue is a significant factor affecting individuals with reduced mobility or postural instability. Maintaining an unsupported sitting posture against gravity requires significant muscular effort. Over time, this can lead to:[3]

- reduced sitting tolerance
- body shape distortion
- reduced activity levels
- withdrawal from social interaction

Supportive seating that allows periods of rest, such as through Tilt-in-Space positioning, can assist with energy conservation. This enables individuals to remain seated for longer periods and maintain engagement with their environment.[2]

### Postural Care

Postural care aims to support the body in a safe and functional posture while minimising the development of destructive postures.[5]

The pelvis forms the foundation of stable sitting posture, influencing the position of the trunk, head and limbs. When pelvic stability is compromised, individuals may develop:

- pelvic tilt
- pelvic rotation and/or obliquity
- trunk asymmetry
- forward migration in the chair
- increased risk of falls

Supportive seating aims to stabilise the pelvis and support body segments to encourage improved alignment, reduce discomfort and protect body shape. This may also support physiological function, including respiration, circulation and swallowing.

### Pressure Care

Pressure injuries remain a significant concern for individuals who spend prolonged periods sitting. In the ideal sitting position, body weight is distributed across several areas of the body, including the buttocks, thighs, feet and back. However, when posture becomes unstable, body weight may be unevenly distributed, increasing the risk of pressure damage.

Key contributing factors include:

- pressure
- shear
- friction
- moisture

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Regular repositioning is an essential component of pressure injury prevention.[6]

**Top tip:** Professional guidance from a tissue viability professional or district nurse may be indicated.

## Health and Safety

Health and safety is a key objective of seating provision for individuals with reduced mobility, poor postural control or fatigue. Supportive seating should promote a safe and secure sitting position, reducing the likelihood of forward migration in the chair and helping to maintain postural stability throughout use.

Effective seating can help reduce the risk of:

- sliding into unsafe positions
- falls or near-falls from the chair
- shear and friction forces associated with destructive posture
- discomfort and pain caused by prolonged abnormal loading
- fatigue associated with maintaining an unsupported posture

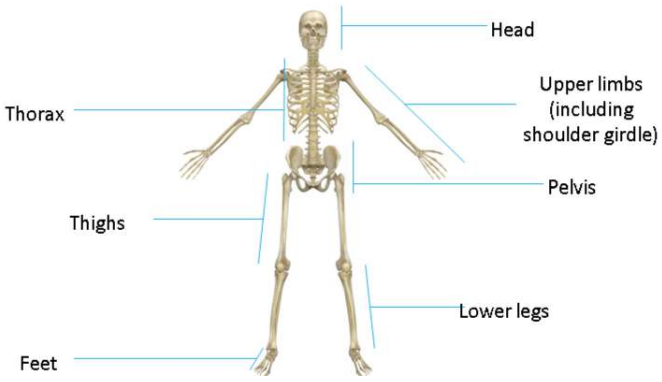
Health and safety considerations extend beyond immediate physical risk. A stable sitting posture can help protect wider physiological function[7], including respiration, circulation, swallowing and digestion. Poor alignment of the pelvis, trunk and head can compromise these functions and, over time, contribute to declining health and increased care needs.[8]

**Top tip:** Effective postural care targets all body segments in all postures adopted: pelvis, thorax, upper limbs, head, thighs, lower legs and feet.[11]

Supportive seating should therefore aim to promote both safety in sitting and the protection of the individual's broader health and physical function.

## Wellbeing

Seating plays a significant role in an individual's overall wellbeing,[9] influencing not only physical health but also psychological and social outcomes.




When an individual is unable to sit comfortably or safely, they may experience:

- reduced engagement in daily activities
- social isolation
- frustration or distress
- reduced confidence in sitting out

Supportive seating that promotes comfort and stability can have a positive impact on wellbeing by enabling individuals to remain seated for longer periods and engage with their environment.

Improved posture and comfort can support:

- increased participation in meaningful activities
- improved interaction with family, caregivers and peers
- enhanced mood and emotional wellbeing
- a greater sense of independence and dignity

## Clinical Indicators for EasiTilt Provision

The EasiTilt may be appropriate where an individual:

- is unable to maintain a stable, functional sitting posture in a standard armchair or rise and recline chair
- demonstrates posterior pelvic tilt, forward sliding, or reduced pelvic stability
- presents with reduced trunk control, asymmetry, or lateral leaning
- experiences fatigue or reduced tolerance when sitting upright for sustained periods
- requires regular repositioning or assistance from caregivers
- is at risk of pressure injury due to reduced mobility and prolonged sitting
- may benefit from Tilt-in-Space to support pressure management and energy conservation

# Clinical Justification

The EasiTilt is particularly appropriate where:

- a standard rise and recline chair no longer provides sufficient postural support or stability
- there is a need to improve positioning and reduce risk, without introducing unnecessary complexity
- a supportive, stable and intuitive seating solution is required for use across home or care environments
- the clinical aim is to bridge the gap between basic seating and specialist seating provision

The EasiTilt sits within the pathway as a mild to moderate supportive seating system, offering meaningful clinical benefit through Tilt-in-Space and postural support, while remaining practical and easy to use in everyday settings.

The EasiTilt has been designed for use across a range of environments including:

- domestic settings
- residential and nursing homes
- hospital wards
- rehabilitation environments

## Personalised Approach

The EasiTilt includes adjustable seat width and seat depth, allowing the chair to be configured to meet individual postural requirements. Seat width labels support personalised chair set-up and enable settings to be replicated consistently. This helps maintain optimal positioning, supports continuity of care, and facilitates accurate reconfiguration following cleaning, transport or adjustment. These adjustments are critical for:

- achieving pelvic stability
- promoting symmetrical posture
- distributing pressure evenly
- reducing the risk of sliding or compensatory postures

The ability to adjust the left and right seat-width settings independently can also support individuals with asymmetry or changes in body shape.

## Tilt-in-Space

Tilt-in-Space allows the entire seating system to tilt while maintaining the relationship between the pelvis, trunk and lower limbs. This positioning function on the EasiTilt may:

- improve pelvic stability
- assist with pressure redistribution
- reduce shear forces
- support fatigue management
- facilitate repositioning

Tilt-in-Space can also assist carers with transfers and repositioning the individual by using gravity to encourage the pelvis to remain positioned at the back of the chair.

An optional Tilt-in-Space inclinometer is available to provide a visual indication of the tilt angle achieved. This can assist caregivers and clinicians in achieving consistent positioning, supporting prescribed tilt angles for comfort, postural management and pressure redistribution. The inclinometer may also aid monitoring and review of seating interventions by enabling tilt positions to be replicated more accurately.




## Fixed Back Angle

The EasiTilt incorporates a fixed back angle of 100°, providing a consistent and supportive seated position. Unlike chairs with back angle recline, a fixed back angle:

- promotes pelvic stability by maintaining a consistent hip angle
- reduces the risk of posterior pelvic tilt and sacral sitting
- minimises shear forces associated with recline movement
- supports a more predictable and stable posture throughout use

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For individuals with reduced postural stability and trunk control, maintaining a fixed back angle can provide a more stable and supportive seating solution.

## Trunk and Head Support

The EasiTilt offers a range of backrest configurations to accommodate varying levels of postural support and comfort requirements. Appropriate trunk support can help promote a symmetrical sitting posture for optimum physiological function, improve comfort, and enhance sitting tolerance.

Open Flat Back – provides mild contouring and is suitable for individuals requiring basic postural support.
Winged Flat Back – combines mild contouring with integrated winged sections to provide additional lateral trunk support and promote postural stability.
Winged Contoured Back – incorporates contoured foam and integrated winged sections to provide increased trunk support and positioning.
Winged Waterfall Back – features adjustable Dacron-filled cushions with integrated winged sections, allowing comfort to be tailored while providing additional lateral support.
Winged Cocoon Back – provides the highest level of trunk support through three rear cushions and integrated winged side sections, creating a more supportive and encompassing seating environment.

The Open Flat Back can be further configured with:
Kidney Pads – available in small and medium sizes, providing targeted lower trunk support to promote stability and positioning.
Curved Lateral Supports – available in small and medium sizes, with height and width adjustment to accommodate individual postural requirements and provide targeted lateral trunk support.

Optional soft and soft profiled headrest cushions are also available to promote optimum positioning for breathing, eating and drinking, and interaction.

## Lower Limb Support

Appropriate positioning of the lower limbs contributes significantly to pelvic stability and overall postural alignment. The EasiTilt includes an elevating leg rest with negative angle positioning to accommodate different ranges of movement, comfort and positioning requirements. A Channel Leg Rest option is also available, providing increased support and positioning for the lower limbs, particularly where additional management of leg alignment is required. A swivel-head pommel, with optional flip-down functionality, is available to support positioning at the thighs and lower legs and assist in maintaining lower limb alignment.

Correct lower limb support can help:

- promote pelvic and postural stability
- maintain lower limb alignment
- increase comfort during prolonged sitting
- improve circulation
- reduce the risk of sliding and asymmetrical positioning
- support pressure redistribution



## Foot Support

The EasiTilt includes a flip-up, angle-adjustable footplate as standard, providing support for the lower limbs and helping to promote postural stability. Adequate foot support contributes to a stable sitting base, assists with pressure redistribution, and can help reduce the risk of sliding or adopting asymmetrical postures.

A range of footplate pads and foot support cushions of varying depths are available to accommodate individual leg length, positioning requirements, and comfort needs. These options can help optimise lower limb alignment, enhance sitting

# Clinical Justification

tolerance, and support overall posture within the chair.

### Positioning Aids

A range of positioning aids are available to help maintain posture, enhance safety, and support individuals with reduced postural control or a tendency to lose position within the chair.

Pelvic Belts – to assist with maintaining pelvic positioning and stability.
Chest or Sternum Harnesses – to provide additional upper trunk support and assist with maintaining an upright sitting posture.
Groin Harnesses – to help manage movement patterns and maintain an appropriate seated position within the chair.

These accessories should be prescribed following a clinical risk assessment and used as part of an overall postural management strategy to promote comfort, safety, and functional sitting.

### Pressure Care and Cushioning

Effective pressure management is a key component of seating provision, as part of a holistic 24-hour approach to postural and pressure care.

Reflexion® Memory Foam (Standard):
The Reflexion® foam cushion responds to body heat and contours to the individual, allowing body weight to be distributed across a greater surface area. This can:

- reduce peak pressure over bony prominences
- improve comfort
- support postural stability

WaterCell® Technology (Optional Upgrade):
WaterCell Technology provides a dynamic pressure care solution for individuals at increased risk of pressure injury. The combination of fluid movement and foam support allows the cushion to:

- adapt to changes in position
- redistribute pressure more effectively
- reduce sustained loading on vulnerable tissues

Docking Cushion (Option):
The docking cushion option allows compatibility with alternative prescribed pressure-redistributing cushions, ensuring continuity of care for individuals with established pressure management plans.

### Activity and Upper Limb Support

An optional tray is available to provide a stable surface for everyday activities. The tray can also support upper limb positioning and may contribute to improved postural stability by encouraging symmetrical arm placement and reducing unsupported upper limb loading.
The padded tray option may provide additional cushioning and pressure care, if required.

### Transfers and Positioning

The EasiTilt supports safe moving and handling, particularly where caregiver assistance is required. Effective transfer support is essential for maintaining optimal positioning, promoting functional independence, and reducing injury risk.

The EasiTilt includes removable transfer-assist arms, supporting safe and effective moving and handling. This feature:

- facilitates side transfers and hoist access
- supports safe sling application and removal
- reduces manual handling risks for caregivers



# The EasiTilt®

## Castor Configurations:

The EasiTilt is supplied as standard with four 100 mm braked castors, providing secure positioning and stability during transfers, care activities and day-to-day use.

For environments where greater directional control is required, the chair can be configured with three braked castors and one directional lock castor. The directional lock helps maintain a straight line of travel, improving control during movement and reducing the effort required when manoeuvring the chair over longer distances.

An alternative option is four 125 mm braked swivel castors, which increase the overall seat height by 25 mm. The larger castor size can provide smoother rolling performance over a range of floor surfaces and may reduce the force required to move the chair.

These castor configurations allow the EasiTilt to be adapted to the needs of the individual, caregiver and care environment, supporting safe handling, manoeuvrability and effective positioning.

## Ergonomics:

The push handle incorporates three height adjustment settings, enabling it to be adapted to the height of different caregivers. This supports a more comfortable pushing posture, promotes good manual handling practice, and may reduce strain during manoeuvring and repositioning of the chair.



The EasiTilt is available with manual operation or with a Pro-Control motorised option, supporting assisted positioning and easier operation of the Tilt-in-Space and leg rest functions.
Pro-Control can:

- support independent or assisted repositioning
- encourage more frequent position changes
- reduce physical demand on caregivers
- promote safer repositioning

**Top tip**: If an individual presents with more complex postural challenges, consider the MultiAdjust or SmartSeatPro II ranges.




## Cost Effectiveness

Providing appropriate seating equipment at an early stage can help prevent secondary complications and avoidable harm associated with destructive posture and body shape distortion. Appropriate seating provision may help reduce:

- pressure injuries
- falls
- infections
- hospital admissions
- musculoskeletal pain
- increased care needs

Investing in suitable seating equipment can therefore support both individual wellbeing and health and social care resource management.[10]

# References


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# The EasiTilt®

## Enabling Safe Seating Where Standard Chairs Were No Longer Effective

Mark is a 52-year-old gentleman living in a specialist nursing home, where he requires 24-hour care. He presents with a progressive condition that results in significant involuntary movement and a reduced ability to maintain a stable sitting position. As his condition progressed, standard seating solutions were no longer safe or effective, and his ability to sit out became increasingly limited. Over time, this had a growing impact on both his daily routine and overall quality of life.

### Clinical Presentation

Mark was unable to maintain a safe seated position in conventional chairs due to instability and uncontrolled movement. As a result, he was primarily nursed on the floor within a padded environment to reduce the risk of injury. Furniture use was minimal, and he was unable to sit out for functional activities.

He experienced reduced sitting tolerance and fatigue, particularly during activities such as eating. Maintaining a safe and consistent position for oral intake was difficult, which made mealtimes challenging and physically demanding for both Mark and the caregivers supporting him.

### Seating Challenges

Without an appropriate seating solution, critical daily activities, including eating and drinking, took place on the floor. Feeding required two members of staff, with one supporting positioning and the other assisting with intake. Positioning was inconsistent and difficult to maintain.

This approach, while necessary to manage risk, was far from ideal. It impacted Mark's dignity, limited his opportunities for social interaction, and significantly increased the physical and time demands on his care team. His ability to engage in activities outside of his room was extremely limited, contributing to increased isolation.

### Seating Objectives

The primary goals of seating were to:

- enable safe and supported sitting
- promote comfort and tolerance of sitting
- provide a stable position for eating and drinking
- reduce reliance on floor-based care
- reduce caregiver input where possible

### Intervention

An EasiTilt chair was introduced with pommel support and a secure tray system to provide additional stability. The focus was on providing a simple, supportive seating solution that could accommodate Mark's needs without introducing unnecessary complexity.

### Outcomes

The introduction of the EasiTilt has had a significant impact on Mark's daily life.
For the first time in over two years, Mark has been able to sit safely in a chair and eat in a seated position. This represents a substantial change from his previous reliance on floor-based care. Feeding, which previously required two members of staff, can now be managed by one, improving efficiency and supporting more consistent care delivery. The combination of pommel support and the secure tray system has provided the stability needed to maintain a safer and more reliable position during mealtimes.

The impact on Mark's quality of life has been equally significant. He is now able to sit out of his room and participate in activities when he chooses, something that was previously not possible.

This has increased opportunities for social interaction and reduced the level of isolation he experienced. Family visits have also improved, with a noticeable difference in how Mark is able to engage; being seated in a chair provides a far more dignified and positive experience for both Mark and his family.

# Case Study

There has also been a clear benefit to care delivery. His care team have reported a reduction in the physical demands associated with supporting Mark, particularly during mealtimes, as well as improved efficiency and use of time.
Overall, Mark requires less direct physical support to maintain a safe position. He is described as more comfortable, more settled, and more willing to sit out in the chair for longer periods.

## Clinical Summary

This case demonstrates how a simple, supportive seating solution can have a significant impact when standard chairs are no longer effective.

The EasiTilt enabled:

- safe and functional sitting
- improved mealtime positioning
- reduced reliance on floor-based care
- improved quality of life and care efficiency

It demonstrates the importance of selecting a seating solution that provides stability and support without unnecessary complexity, particularly for individuals who require a practical and effective alternative to traditional seating.

**"This chair has been life changing... Mark has been able to sit to eat for the first time in over two years."**

Natalie, Physiotherapist



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Tilt-in-Space and Leg Rest Elevation 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 multidisciplinary team where indicated. In some cases, these functions may be contraindicated and may also increase shear and friction forces.

All belts and harnesses (positioning aids and flexible postural supports) must be prescribed, implemented and monitored responsibly following a comprehensive risk assessment. Please see the following for further information:


- Medicines and Healthcare Regulatory Agency (MHRA) (2015) MDA/2015/018. All posture or safety belts fitted to supportive seating, wheelchairs, hoists and bathroom equipment. London: MHRA.
- British Standard (BS) 8625:2019. Selection, placement and fixation of flexible postural support devices in seating. London: BSI.
- International Organization for Standardization (ISO) (2024) ISO/TS 16840-15:2024. Wheelchair seating, Part 15: Selection, placement and fixation of flexible postural support devices in seating. [Online] https://www.iso.org/standard/80064.html


The information given in this booklet 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 individual.







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