



SPINAL INJURIES UNIT

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**OUTPATIENT
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**TRANSITIONAL
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**SPINAL OUTREACH
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Sitting Posture Checklist

To check your sitting posture, **use a full length mirror.**

If you are unable to check yourself, **ask for help from family or a carer.**

It is also useful to have a record of what equipment you are using at the time.

It is best to check your posture when you have minimal clothing on eg after a shower, as you will be able to see how symmetrically you are sitting more clearly.

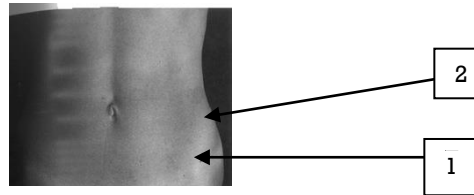
To move through this checklist, start at the pelvis then move up to the head and then from the pelvis down to your feet.

Front View – pelvis up to head

Yes No

Are your hips centred on the seat?

Are your hips level? Use hip bones (1) or the top of your pelvis (2) to check



Is your belly button in the middle?

Does one side of your rib cage sit closer to your pelvis than the other?

Does your trunk have a sideways curve?

Can you see more upholstery on the other side of your body?

Are your shoulders level?

Are your shoulders over your hips?

Are your head and eyes level and in the midline?

Front View – pelvis down to feet

Yes No

Are your knees comfortably together ie. not rolled out?

Is one knee higher than the other?

Does one thigh seem shorter than the other?

Does the cushion or upholstery of chair rub behind one knee?

Do your knees sit across to one side of the chair

Does one or both lower legs lean onto the frame of the chair

Do your feet sit down on the footplates?

Does one or do both feet often fall forward off the footplate?



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Side View

Yes No

Is one hip further forward than the other?	<input type="checkbox"/>	<input type="checkbox"/>
Is your bottom to the back of the chair?	<input type="checkbox"/>	<input type="checkbox"/>
Is your upper back slumped?	<input type="checkbox"/>	<input type="checkbox"/>
Are your shoulders hunched and rounded?	<input type="checkbox"/>	<input type="checkbox"/>
Does your chin poke out?	<input type="checkbox"/>	<input type="checkbox"/>
Are your shoulders over your hips?	<input type="checkbox"/>	<input type="checkbox"/>
Is one knee in front of the other?	<input type="checkbox"/>	<input type="checkbox"/>
Are your heels down on the footplate?	<input type="checkbox"/>	<input type="checkbox"/>

When sitting in your wheelchair, being as symmetrical as possible is the goal!!! If you think you have a problem with your posture see your local therapist

Equipment Record

Wheelchair

Model _____

Condition _____

Upholstery:

Back: stretched / good condition

Seat: stretched / good condition

Footplates: Supporting feet (& thighs)? Yes / No

Cushion

Model _____

Size _____

Thigh support: adequate / too short / too long

Back support

Standard Upholstery

Back Support

Type _____

Other

Last Reviewed December 2020
Review Due December 2022

