



## **BACK CARE SUPPLIES**

Back care supplies and supports can be found in a variety of stores. When purchasing any back product, it is important that it fits and supports properly. Therefore, if possible, select a store which can offer professional experience and assistance. Because a product is advertised as being a “low-back support” does not mean that it will support your back. If you wear size seven shoe, a size six will hurt and a size eight will fall off. Likewise, all back supports, chairs, corsets, car cushions, cervical pillows and beds come in different sizes, shapes and degrees of support, and must fit perfectly in order to meet your needs. The following tips and guidelines may be helpful when purchasing these items:

- Spend a few hours in a “back store.” Trying out different chairs, beds and supports takes time. It is a good idea to sit in the chair and simulate your posture, maintaining neutral position. Lie on the bed and move around, just as you do when you are resting or going to bed.
- Chairs can be particularly difficult to fit your chair must be the right height. Feet should be flat on the floor and your knees should be slightly lower than your hips. If you lean forward in order to work, you will need a tilt seat that can tilt forward. If you talk on the phone or if you attend meetings on a regular basis, you will want a chair that can recline. Make sure that adjustments are easy to perform. Most importantly, make sure that you are able to find and maintain your neutral position in any chair you test. A chair with arm rests will help you rise to a standing position.
- If you need a chair for a desk or table duties, know your chair height. The chair you select might be the perfect chair in the store, but will it fit your desk at work or home? If not, what kind of adjustments will be needed? Can they be done with that particular chair?
- Note the type of floor you have. Wood and tile floors require special casters. These should be available to you at no charge, but you must ask for them.
- If you are buying a corset, make sure that it prevents you from reaching the extremes of movement and stabilizes or supports you in a neutral position when maintaining a prolonged position, such as sitting.
- Select a store which will allow you to “test drive” with a car cushion. It is important to experience what the cushion feels like in your car. All car seats are different and what is comfortable in the store may not necessarily be comfortable in your car.



- Purchasing a new bed or mattress can be a major expense. Making the following adjustments can save unnecessary cost: If your bed is too hard, purchase a special cushion which adds softness and if the bed is too soft, put some plywood underneath the mattress to add firmness.