

Pressure Relief

This leaflet aims to help you understand why the level of support, comfort and pressure relief provided within a seat is important for your child's well-being.

Type of seat:

Seating system : These seats tend to provide medium to high pressure relief for your child and are designed to be your child's main seat.

Portable seating : These seats provide low to medium (it will depend on the child's size) pressure relief are designed for your child to sit in when out and about for short periods of time.

Pressure cushion

The **GoTo Pressure Relief Cushion** is an example of this. It's made up of a combination of memory and support foams which provide moderate pressure relief and improved pressure distribution.

The Cushion and Roll can be used together or separately to provide postural support and pelvic stability - placing the roll underneath the contoured cushion for example will aid comfort and stability and reduce stretch on gastrocnemius (a calf muscle) for those in corrective footwear or AFOs.



Awareness

Therapists should provide advice to parents on the importance of repositioning to achieve good sitting posture.

Skin

Check your child's skin on a regular basis for irritation or redness. Some redness after sitting is normal, but it should disappear after 15-20 minutes. If redness persists beyond this time, stop using the product and seek advice from your doctor or therapist.

Positioning

It is recommended that you change your child's position every two hours. If your child is able to assist with repositioning encourage them to roll to one side or lean forwards to help redistribute their weight.

