

# TherAdapt<sup>®</sup> Products Inc.

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[www.theradapt.com](http://www.theradapt.com)

## Posture Chair

### Please read all of the following information before using this product.

*TherAdapt<sup>®</sup> Products Inc. has designed and manufactured this product with the well being of the user and caregiver(s) in mind. It is our endeavor to provide products which are attractive, comfortable, useful, highly adjustable, long lasting and safe. As when using any product, precautions must be taken.*



**WARNING:** This product must only be used under the recommendation of a physician and / or licensed therapist and with adult supervision. Never leave user unattended. It is your responsibility to properly use and maintain your Posture Chair. Failure to follow USE and CARE instructions or ASSEMBLE the chair properly as outlined may result in bodily injury.

THE MANUFACTURER IS NOT RESPONSIBLE FOR INJURIES RESULTING FROM ANY CUSTOMIZATION OR MODIFICATION OF THE EQUIPMENT THAT WAS NOT COMPLETED BY THE MANUFACTURER.

**USE:** The Posture Chair is designed for a single purpose: as a freestanding chair. It is to be used on the floor only. **No other use is permitted**, including, but not limited to a seat used for transportation in an automobile, stroller, or any other mobility device.

**CARE:** Take care to inspect the ongoing condition of all parts of your Posture Chair. Verify that all knobs, bolts, and washers are properly positioned and secure. Contact the manufacturer for replacement or repair of necessary items. All components may be cleaned with mild soap and water, or a gentle sanitizing spray. **Do not** use abrasive cleaners. Wipe wood components dry after cleaning. Excess amounts of liquid on the wood may damage the finish. Always store indoors.

**WARRANTY:** The manufacturer provides a full one (1) year warranty, beginning the date shipped by the manufacturer. The warranty provides full replacement of all parts against breakage when used in compliance with the manufacturer's USE and CARE instructions. Use or modification beyond the normal capacity or range of adaptability designed into the products will void the warranty. The foregoing is TherAdapt's sole liability for consequential damages.

### PLEASE COMPLETE AND RETAIN FOR YOUR RECORDS

Posture Chair PC- \_\_\_\_\_

Serial Number: \_\_\_\_\_

Purchase date: \_\_\_\_\_

## TherAdapt<sup>®</sup> Posture Chair (PC-100/200) Instructions

### Packing List:

- (1) Basic Chair
- (10) Knobs with ¼ - 20 stem bolts
- (5) Thru-knobs with ¼ - 20 threaded inserts
- (3) 2 ¾" ¼ - 20 hex head bolts
- (2) 2 ¾" ¼ - 20 carriage bolts
- (11) Nylon washers

The Posture Chair is shipped assembled, but with the back assembly attached under the seat, upside down. Remove the four (4) knobs with threaded stem bolts on the underside of seat, reverse the back assembly on the seat, insert the bolts into (4) of the (6) possible T-nuts under the seat, and tighten the knobs securely. Once this is completed the chair should be adjusted properly to the individual user to provide a customized fit. To adjust the chair the following procedure should be followed:



The "key" holds the seat in place and aligns the holes for placement of the bolt.

1. **Adjust the seat height.** The seat assembly adjusts to three heights. Insert either end of the wooden "key" (found in the holder at the back of the base) into the seat stem for the two top holes, or lower the seat all the way for the lowest setting (and store the "key" in the holder). The key lines up the respective holes so the bolt can be easily inserted. Place a nylon washer on the bolt and secure with a knob with threaded insert. **Tighten securely.**

2. **Adjust the back support assembly.** The back support adjusts horizontally under the seat and the sacral support adjusts vertically on the assembly, providing low back support. To adjust the seat depth, loosen the knobs under the seat and slide the support forward or backward to the desired position. It may be helpful to have the child lean forward slightly when making this adjustment to assist in achieving an anterior tilt of the pelvis. Adjust the sacral stabilizing bar to the level of the PSIS (posterior superior iliac spine) of the pelvis. This is the area where the "dimples" are at the upper portion of the sacrum.

**Note:** For the best "fit" have the user bend forward at the hips. Slide the seat forward until the sacral support touches the user firmly. Tighten the seat knobs. If the seat does not go far enough forward / backward, reposition the knobs under the seat and repeat the procedure.





3. **Adjust the pelvic positioning belt.** The 2” adjustable pelvic belt with side release buckle should be positioned in the notch created by the bend of the lap between the thigh and the pelvis, and tightened. Note that the double slotted buckle on the one side of the pelvic strap has the loose end of the strap threaded back through it. This prevents the strap from slipping.



4. **Adjust the kneel pads.** The pads slide “vertically” in the slots on the base when the (4) knobs are loosened. The kneel pad assembly moves up and down on the curved center piece, and the pads can be angled by positioning the bolt through one of the four holes in the underneath gusset. **Note:** The support bar that attaches the kneel pad assembly to the contoured centerpiece is slotted to adjust the depth of the assembly. **Tighten all knobs securely before use.**

**Note: The foot strap may be rotated 90° and placed over the calf for children with fixed foot deformities or significant foot reflexes that prohibit placement of the strap on the bottom of the foot.**

***To position the user the following procedure is recommended:***

1. Position the chair at an appropriate height desk or table.
2. Remove the seat.
3. Have the user approach chair from rear with assistance as needed. The user must step over the rear bar of the base.
4. User kneels onto the adjusted kneel pads, one leg at a time, with assistance as needed. Fasten each foot strap around the arch of the foot.
5. As the user kneel-stands, supporting himself on the desk as necessary, drop the seat into place. Remember: insert the “key” into the chair stem as needed for the appropriate seat height. Instruct the user to sit back onto the seat.
6. Fasten the pelvic belt and tighten.
7. Insert the bolt through the seat stem to secure the seat. Place a nylon washer between the wood and the knob. Attach the knob and tighten securely.
8. To dismount, reverse the above procedures.

**FOR PROFESSIONAL ASSISTANCE CALL 1-800-261-4919**

## TherAdapt® Posture Chair Options- Instructions

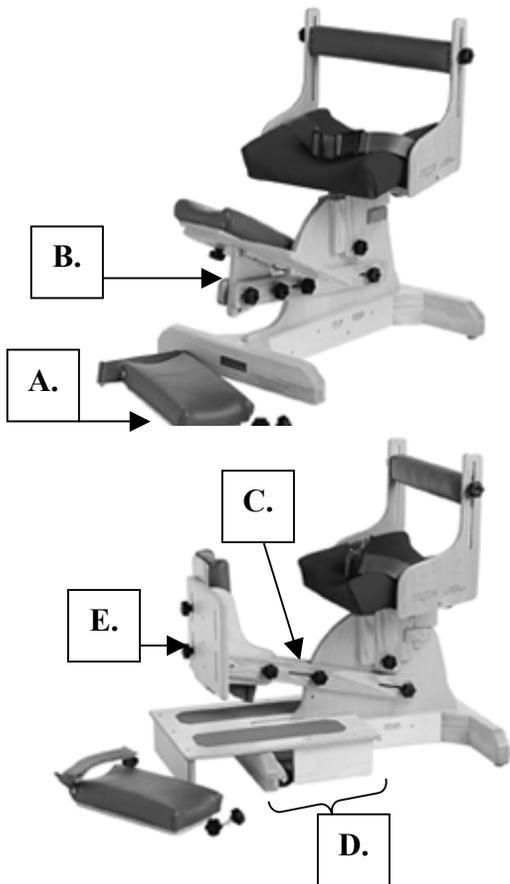
### 1. Attach the Conversion Kit (PC-100C, PC-200C)

#### Packing List:

(1) Anterior Knee Block

(1) Foot board

(1) 2 3/4" 1/4 - 20 hex head bolt and (1) 1/4 - 20 locking nut



**A. Remove the kneel pads** from the original base by detaching the (4) knobs with threaded stem bolts.

**B. Remove the original kneel pad base** from the support bar by detaching the (2) knobs and bolts.

**C. Raise the support bars** to the desired hole on the curved vertical seat support by loosening the rear bolt / knob assembly and removing the front one. Insert the bolt(s) into the hole(s) selected, place the nylon washer on the bolt(s) and re-attach the knob(s).

**Tighten loosely.**

**D. Attach the foot support.** The foot support fits over the front floor base with the slot fitting around the curved vertical seat support. The support in front and the two "legs" at the back stabilize the foot support on the floor.

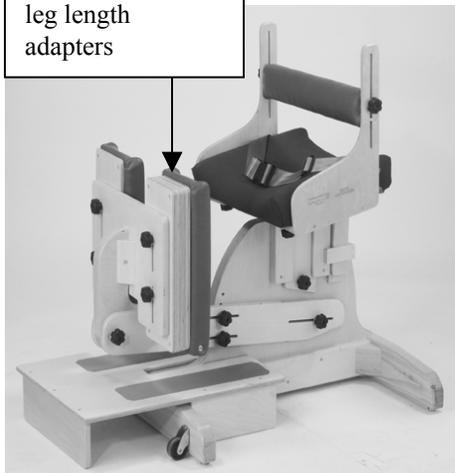
**E. Attach anterior knee block conversion.** The conversion kit anterior knee block attaches to the support bar vertically. Secure the rear 2 3/4" bolt with a knob with threaded insert and the front 2 3/4" bolt with the locking nut.

**F. Attach the kneel pads** with the stem bolt knobs through the slots of the conversion kit knee block. Place a washer between the knob and the wood. The foot straps can either be tightened up out of the way or they can be rotated 90° and used as ankle straps, if necessary. **Note:** The bar adjusts forward and backward on the slots.

**Note:** For mounting / dismantling the chair it is helpful to have the knee block as far away from the seat as possible and adjust the back forward to stabilize the user.



Note placement of leg length adapters



## 2. Attach Leg Length Adapter(s) (PC-100LLA, PC-200LLA)

### Packing List:

- (1) ½” thick “shim”
- (4) ¼ - 20 Phillips head screws

### Tools needed:

- (1) Phillips head screw driver (not included)

**Note:** The Leg Length Adapters may be used with the standard kneel pad support or with the Conversion Kit kneel pad support.

- A. **Remove the kneel pad from the support** by removing the (2) knobs with ¼ - 20 stem bolts and nylon washers.
- B. **Remove the pad from the wood backing** by removing the (4) Phillips head screws using the Phillips head screw driver.
- C. **Place the desired number of Leg Length Adapters between the pad and the wood backing** and secure with the (4) new screws provided.
- D. **Re-attach the kneel pad to the support** with the (2) knobs with ¼ - 20 stem bolts, placing the nylon washers between the wood and the knob. **Tighten securely.**

## 3. Attach the Tall Back (PC-100TB, PC-200TB)

### Packing List:

- (1) Tall support Back with (2) large back liner pads and (1) small back liner (lumbar) pad
- (2) Thoracic pads with (2) D-rings and (1) Chest strap
- (4) 1 ¾” ¼ - 20 hex head bolts
- (4) Thru-knobs with ¼ - 20 inserts
- (4) Nylon washers

**The Tall Back replaces the sacral support standard on the chair. It is used for lateral and posterior trunk support.**



- A. **Remove the sacral support** by removing the (2) knobs with threaded stem bolts and detaching the bar.
- B. **Attach the Tall Back** to the seat side supports with the (4) bolts and knobs provided. Place the bolts through the paired holes on the Tall Back and through the long slot on the side supports. Attach the knobs and tighten loosely.



**C. Adjust to the appropriate height** and tighten the knobs securely.

**D. Adjust the depth of the seat** by loosening the (4) knobs under the seat and sliding the side support forward or backward to the desired position. For the best “fit” have the user bend forward at the hips, slide the seat assembly forward until it touches the user firmly, and tighten the knobs under the seat. Then have the user sit up.

**E. Attach the lateral trunk supports** as needed. Adjust the lateral trunk supports to the appropriate height and width. **Tighten the knobs securely before use.**

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