

SymmetriKit™ chairs
Rest - work - play!



SKChair-03-2020

SYMMETRIKIT
POSTURAL CARE

 a division of The Helping Hand Company



Index

- 4 — *Introduction*
- 6 — *The Right Chair*
- 8 — *One chair fits ALL*
- 10 — *Positioning - for Pressure relief*
- 12 — *Tilt in Space - for Pressure relief*
- 14 — *Choosing the best cushion*
- 16 — *Pressure care and temperature regulation*
- 18 — *Coolover*
- 20 — *Supportive backs*
- 22 — *A bed and a wedge*
- 24 — *Living with your chair*
- 26 — *Options*

Sitting well is harder work than it looks

Sitting well is harder work than it looks. It takes effort to maintain a balanced position and if you cannot do that, then the chair has to do it for you. Without proper support you may end up adopting a bad posture, running out of puff, stuck in bed or confined to a wheelchair for the entire day.

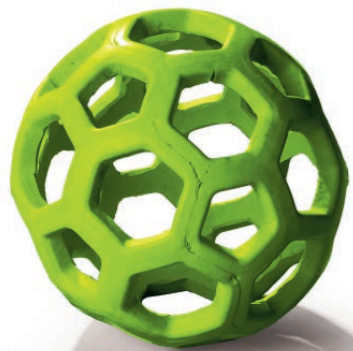
It may be that you need just a bit of support, it may be that you need something more complex. Either way, with our modular Symmetrikit chair, we can help by providing just the right amount of support for your needs.



The right chair for rest, work and play!

As well as providing the support you need to help you relax, your Symmetrikit chair can be quickly repositioned for meal times, play or other "tray-work". The correct position for PEG feeding can be easily achieved.

The free standing table has a generous work surface and can be angled and rotated to suit your needs. It can be quickly removed and folded away.



One chair fits **ALL** *from 7 years old to 6"4" and 23 stone*

Both Kerry and Courtney are using exactly the same medium module chair. Both have had their chairs adjusted to fit perfectly. What's more, these settings can be replicated for them exactly, time and time again.



It's all in the frame

Our modular design means that anyone can get comfortable in a Symmetrikit chair. Most clients find that the standard chair can be adjusted to give a high level of comfortable support for both function and relaxation. If you require a little more personalisation, this can easily be achieved using our standard Core Module and selecting the appropriate arms, back rest and height setting: The same module can cater for a wide range of need from the smaller semi-ambulant client who needs support and easy access, to a larger non-ambulant user with complex needs. Right through the range, the functionality and adjustability of the chairs remains unchanged.

Bespoke fit as standard

Stores managers will appreciate our advanced recyclability: All of our seats, backs, arms and sub frames are interchangeable meeting the widest range of seating needs with minimised stock redundancy.

Therapists know that if there is a Symmetrikit chair (2010 model or later) in store and they have a client with a need for home seating, the chances are that it can be used; needs can be met more quickly without compromise

Positioning for long term sitting and pressure relief

It's common knowledge that getting the seating correct will reduce point pressures: Getting the seat depth correct and making sure that as much weight as possible is taken through the leg rest and arm rests are the key steps to redistributing the load. Using tilt in space can spread some of the load onto the back rest. Even if pressure is not the main concern, getting these right will allow for more comfortable long term sitting.

Every aspect of the chair can be easily adjusted for correct fitting, support and growth.

Adjustments include:

- Seat width and depth
- Seat height
- Arm height, angles vertically and laterally
- Leg length
- Back rest
- Leg rest
- Foot-plate
- Tilt in space
- Upper back can fold forward for Kyphotic backs
- Adjustable wings
- Whole upper back can be offset



Chairs are calibrated for easy re-setting



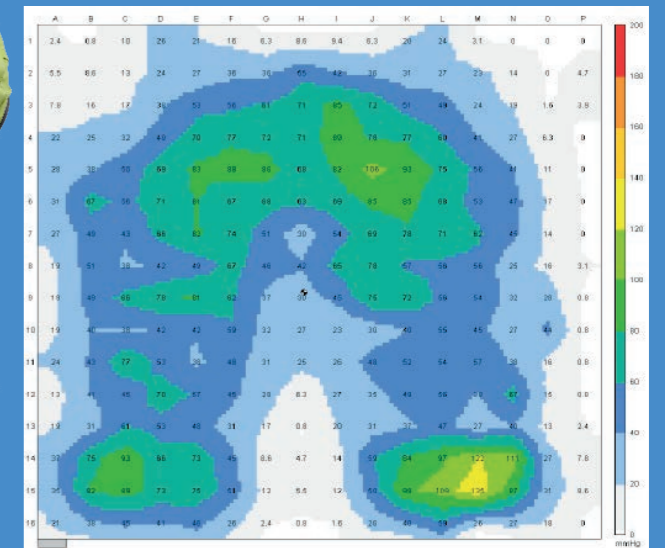


Tilt in space

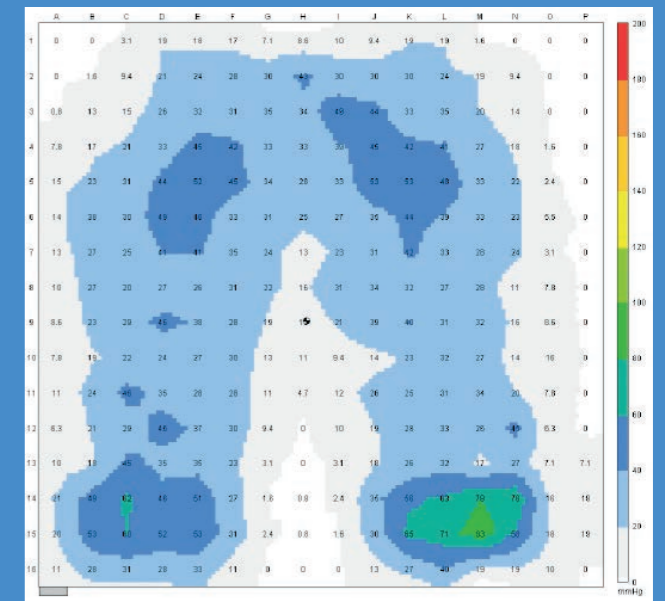
for comfort and pressure relief

Tilt in Space allows an easy change of position without disturbing any of the other chair settings - tilt back to relax, forward for function or to get in and out. A major benefit of Tilt in Space is pressure reduction, where the optimal tilt angle can reduce pressure peak and mean pressure by 40% compared to neutral sitting

Neutral



Tilted



FSA Monitor Readings

The Effect of Tilt in Space on Pressure Distribution in a Symmetrikit Chair. Single Subject (Adult Male) Jan 2003
 Snapshots of pressure readings (standard cushion) Shows a **40% reduction** in peak and mean pressures
 NB Readings are for illustration only.

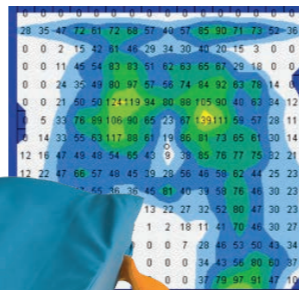
Choosing the best cushion

We are regularly asked “what risk category is your cushion?” Unfortunately there is no recognised scale for seating as the commonly used scales are for mattresses. However, we do understand that there is a need to generally rank different cushions in relation to each other; here we draw on a key strength in that our parent company is a major supplier of static seating to the UK NHS wheelchair services; we are able to draw on years of design expertise and experience to provide a comprehensive choice of cushions and can rank them as our wheelchair service customers do. Please

remember, this is only a guide. A pressure monitor should be used if available and inappropriate clothing, draw sheets and pads should be avoided if possible.

Lowzone™ Contour as standard

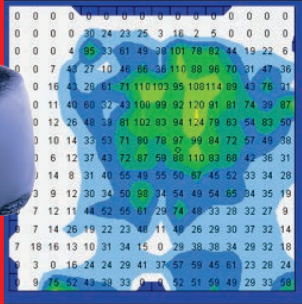
Our contoured Lowzone™ visco-elastic cushions are regarded as providing “Medium High” pressure relief. In our own trials using our FSA pressure monitors, these regularly exceed non contoured gel, water and standard visco-elastic cushions in pressure reduction. They are inherently more stable than fluid based systems.



The NEW Coolover® Lowzone Gel2 cushion

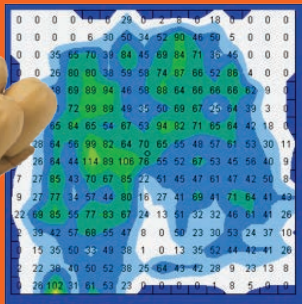
For an even higher level of care with active temperature regulation.

See page 16 for details



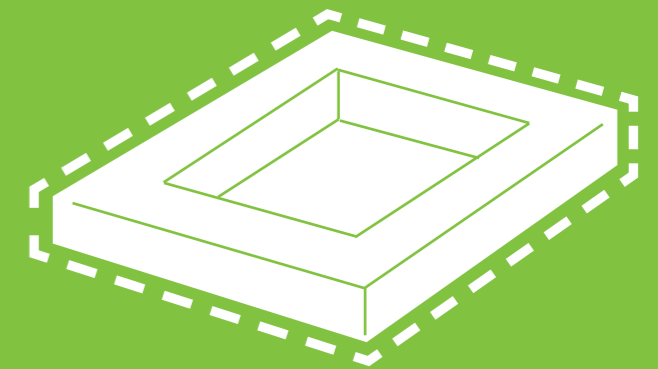
Starlock™ cushion:

Starlock™ is seen as a cushion for the highest risk users. It can also be used to accommodate pelvic obliquity or asymmetry. It differs from older designs of air filled cushion in that once the user is seated, the individual cells can be simultaneously locked to provide an instant mould and an extremely stable seating “base”.



‘BYO’ (Bring your own!):

If you already have a favourite make of cushion, we can provide a “nest” to locate it securely in the chair. Aperture of 460mm x 410mm (18” x 16”) to fit a 430mm x 380mm (17” x 15”) Starlock cushion



Lowzone Ramped Cushion

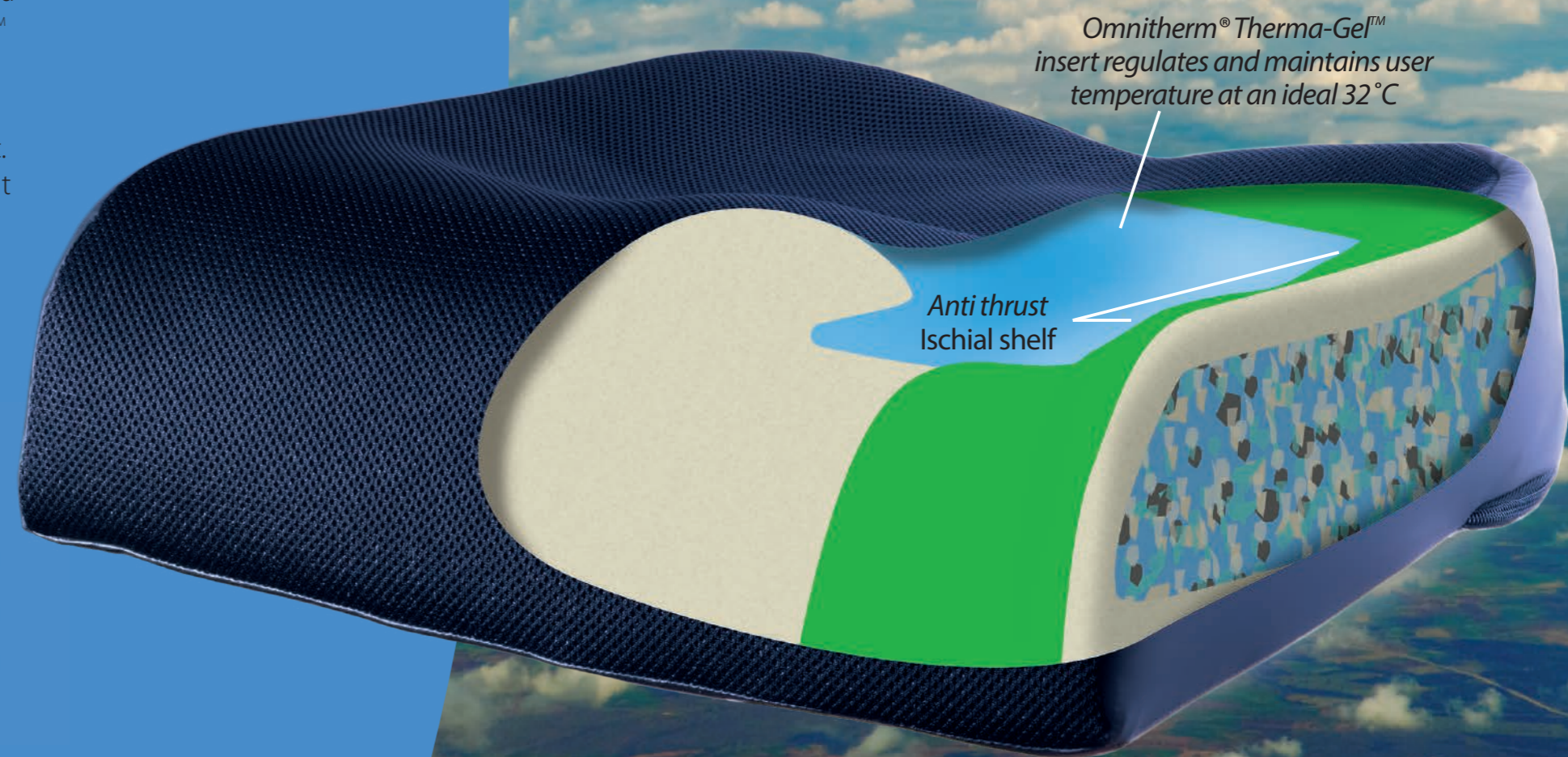
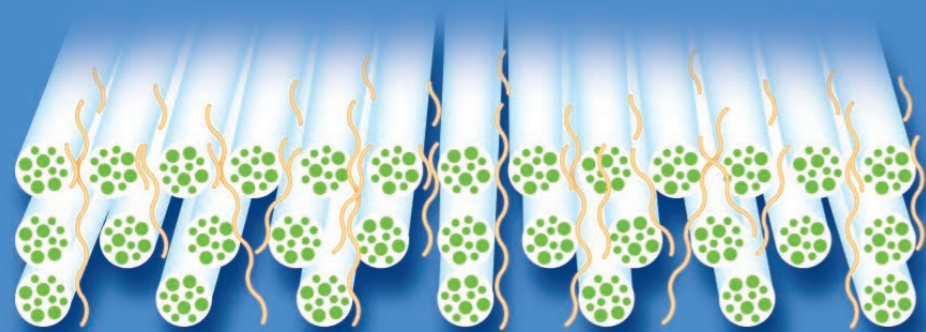
Often used with a 4 point harness for those with extensor spasm.



Pressure care with temperature regulation

Our new Coolover[®] covers and Omnitherm[®] Therma-Gel[™] offer active temperature regulation, pressure re-distribution and a gentle massaging action when you move. The Therma-Gel[™] insert extends far enough forward to minimise shear and enhance conformity with minimal pooling when tilted.

Coolover[®] covers are made from our own engineered fabric. They are not only loaded with the Omnitherm[®] capsules but the variable denier knit with added bamboo is designed to enhance capillary action, drawing moisture away from the skin and allowing evaporative cooling to occur away from the skin itself to provide cooling without clamminess.

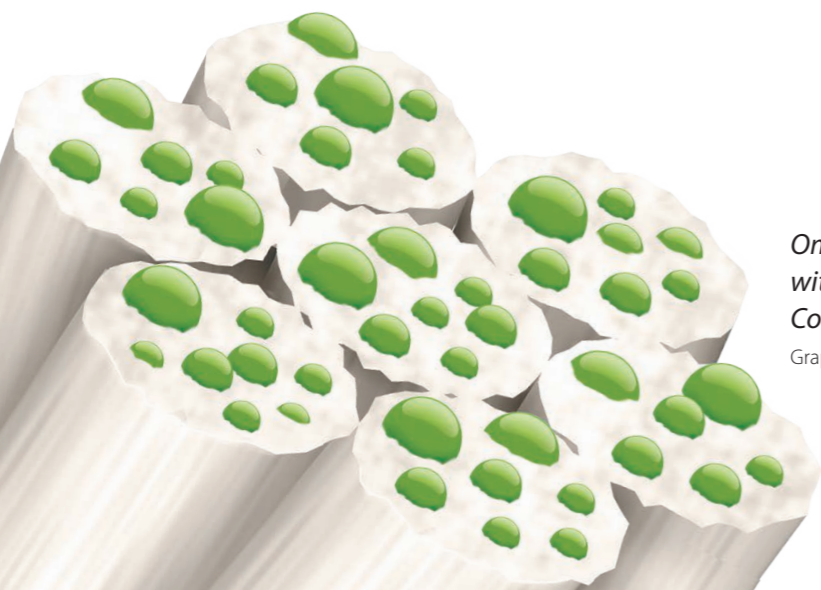


COOLOVER^{TR3}

with Omnitherm



Omnitherm[®] Thermal Comfort



Omnitherm microcapsules within the threads of the Coolover fabric
Graphic representation

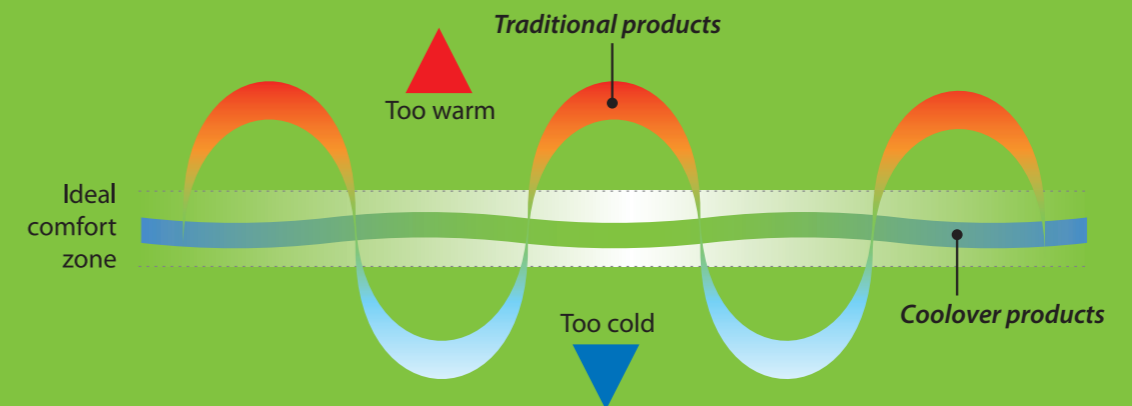
Temperature regulation

High temperatures are not good news: they can lead to a reduction in skin integrity: High humidity and damp skin are not only uncomfortable but can contribute to tissue breakdown. High temperatures can also mean increased metabolic demand and further discomfort. [1]

Our Coolover seat cover option uses our Omnitherm[®] technology and a clever variable Denier weave with extra Bamboo to actively manage temperature and lower skin humidity through enhanced wicking.

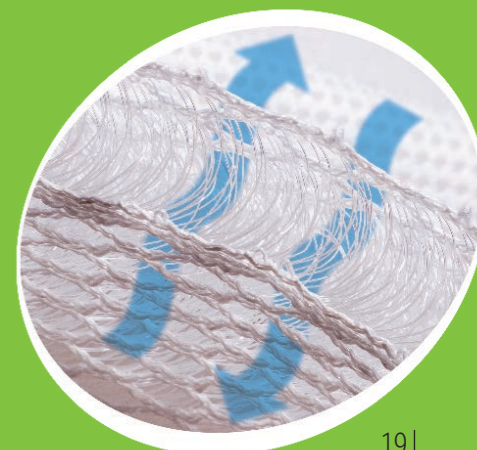
When skin temperature rises our Omnitherm[®] microcapsules start to absorb excess body heat and as your body cools, it returns this energy to help to maintain a more even temperature.

Our Omnitherm[®] Gel cushion offers further reserves of temperature management combined with pressure redistribution.



Where clients are unable to regulate their own core temperature or are sweating, then allowing air to circulate and moisture to evaporate will help to reduce skin temperature and humidity.

Our Aero upholstery option is manufactured with panels of Airmantle[™] (as used in Our Symmetrisleep system) which allows air to circulate.



[1] **References**

Baharestani, M., et al. International pressure review. Pressure ulcer prevention: pressure, shear, friction and microclimate in context. in Wounds International 2010. London: Kathy Day.

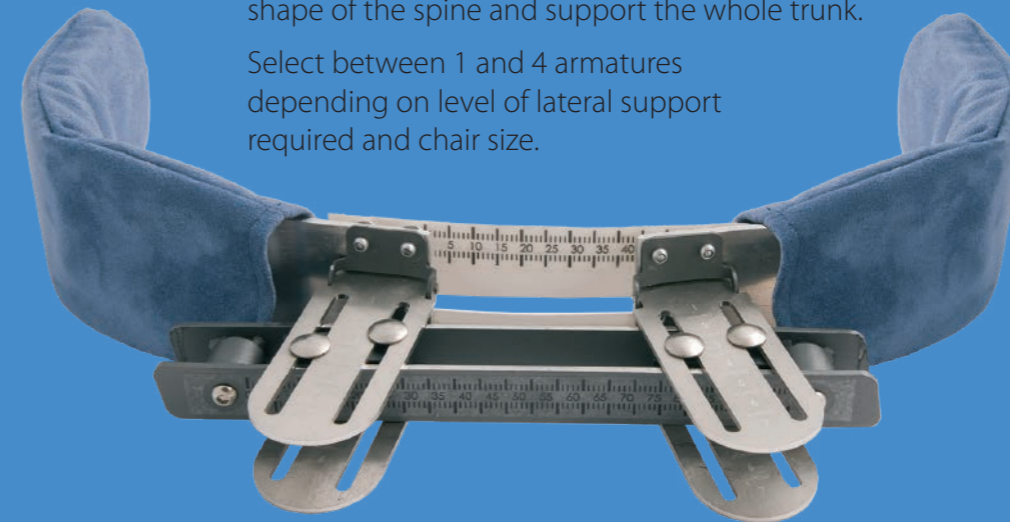
Supportive backs

Fingerform™ back

Fingerform users tend to have a more complex wheelchair or activity chair and cannot tolerate anything less in their 'relax' seating.

Individual fingers can be adjusted up and down, in and out, angled, set off to one side and even to pivot. This ability allows one to accurately follow the shape of the spine and support the whole trunk.

Select between 1 and 4 armatures depending on level of lateral support required and chair size.



Phil is comfortably supported by our Symmetricare back

Symmetricare™ back

The Symmetricare back is for users who need more supported seating, but don't need as much support as the Fingerform back offers. Clipping in to our standard back frame, it provides a more secure 'hug'. Adjustability without complexity.



'MaxRelax' back adjustment

Our MaxRelax design makes it easier to move between reclined and upright positions, reducing shear forces and minimising gaps appearing between seat and back. In manual chairs, this design also eliminates any sudden movements when the backrest is released.

You already know it's a chair but it's also

a bed & a wedge!

Our chair is a multifunctional piece of furniture delivering tilt in space sitting, reclining and side lying. Use it head down for postural drainage and "back to front" for a prone stretch.



Tanya has a chair with the Classic cover option



Beth having a stretch in prone



It's easier with a power chair:

3 function Battery Power option
(Tilt, recline and leg elevation)
Complies with BS8480 Anti Entrapment

Edna enjoying the papers in her **Symmetrikit™** chair with Neo covers. Optional Glide wheels, table and headrest.

Optional Glide Wheels

Individually locking castors can be tricky for busy staff-2 brakes have to be released and chairs can be awkward to steer. The Glide wheels option offers a single, easier accessed brake bar and straighter steering reducing bumps and collisions.

Optional Table

Designed to work seamlessly with the chair, the table can be adjusted for height and table top angle. It can be used for almost any task that requires a flat surface!



Living with your chair

Compact yet multi functional and easy to clean. Our chairs are simple to use yet no less practical. Our new designs mean that chairs are easier to adjust and are calibrated allowing adjustment between pre determined positions. The chair is easy to clean and care for and the covers are removable and washable.

Courtney takes a break



Fold down arms

Getting in and out of any chair can be a struggle. Quick release arms facilitate side transfers and can help with correct sling fitting.



Tia finds it simple to get in and out of her chair



Easy flip footplate

Easy flip down footplate gives proper support to the feet and ankles.

Upholstery styles

Suede effect

Blue

Green

Purple

Mink

Black

Cuero Brilliant PU

Black

Blue

Red

Brown

Aero

Black

Cammo



Traditional styling with full arm covers and wrap-around valence.

Fully washable, waterproof, mock suede is soft, durable and stylish.

Available with Aero inserts for temperature control

NEO

Contemporary styling with a minimalist feel.

Fully washable, waterproof, mock suede is soft, durable and stylish.

Available with Aero inserts for temperature control



Aero

Aero panels allow free air circulation. Available with either Neo or Classic cover sets.



Cuero

The modern alternative to Vinyl. Soft, flexible, breathable but tough. Ideal for ward use



TECHNICAL SPECIFICATION Symmetrikit Chair

	Medium	Large
Seat Tilt	+10° / -30°	+10° / -30°
Seat Depth (with Tiltrite back)	3315*-520	315-520
Seat Width		
Narrow arm setting	170-320	170-320
Standard arm setting	315-455	315-455
Wide arm setting	450-600	450-600
Arm Height (top of seat to top of arm)		
Shallow arms	160-220**	160-220**
Standard arms	160-220**	160-220**
Leg Length (with foot rest)	235-460***	235-550***
Seat To Floor Height (when tilted forward - std seat)	580	655
Backrest Height (seat top to top back)	750-950**	750-950**
Footplate Angle Range	180°	180°
Arms Adjustable For Height, Angle and Skew	✓	✓
Calibrated Tilt, Recline And Arm Settings	✓	✓
Lowzone Seat Cushion	✓	✓
Storage Tray	✓	✓
Push Handle	✓	✓
Castors - 2 braked	100mm	100mm
Rigid Locking Gas Jacks - manual chairs	✓	✓
MaxRelax Recline Action	✓	✓
Maximum User Weight	140Kg	140Kg

*With wedge fitted

**Wide seat reduces this by 25mm

***Increase by 25mm if wide seat fitted

Options

24v battery power, tilt, recline, leg angle

24v battery power, tilt and recline only

Head Rest

Table - height and angle adjustable with swivel top

4 x 100mm braked castors

Glide wheels - 300mm with single brake

Aero chest and groin hardness

Pommels, leg stops and footblocks

Cushions: Starlock, Lowzone Contour, Coolover Gel, Lowzone Ramp

Classic, Neo, Aero and Cuero cover options

ALL MEASUREMENTS ARE IN MM

Power chairs comply with BS8480 - All chairs comply with BS5852 Ignition Source 5

The company reserves the right to vary specifications - UK and foreign patents apply - Tiltrite, Fingerform and Lowzone are all registered trade marks of the Helping Hand Company (Ledbury) Ltd - Starlock is a trademark of Star Cushion products Inc. Stealth is a trademark of Stealth Products





SYMMETRIKIT SERVICE

 a division of The Helping Hand Company

Although there are no regulations stipulating that multi adjustable chairs need servicing, a regular inspection and certification will provide peace of mind. Our national team of 14 trained engineers provide on site service and repair.

We can also offer a value for money extended warranty. This has been

devised to ensure that whatever term you take it over, the cost of ownership is predetermined and will fit your budget. Terms are available for up to 3 years and if you add that to the standard 12 month warranty that comes with all of our products, that is 4 years peace of mind.

Call: 01531 635388

Fax: 01531 638059

e-mail: sales@symmetrikit.com

www.symmetrikit.com



The Helping Hand Company
Bromyard Road, Ledbury
Herefordshire HR8 1NS



Printed on recycled paper

SYMMETRIKIT
POSTURAL CARE

 a division of The Helping Hand Company