

The Natural-Center Seating™ using the HipIndex™

This process will help maintain a healthy sitting posture and make a seated workstation safer, more productive and more comfortable. The major postural problems for the neck and arm and the low back are reduced when slump-sitting is corrected.

HOW TO USE THE HIPINDEX

1. Cut out the HipIndex on the dotted blue lines.
2. Place the HipIndex on the side of the body with the dashed black line along to the waist or belt.
3. Find the best chair height. See next page for details.
4. Sit up straight and use the chair seat angle adjustment to allow easy movement of the hips on the chair—the solid vertical line of the HipIndex will move with the pelvis so that the head, the torso and pelvis can line up together.
5. Look at the line of the HipIndex with the head and torso after working for 10-20 minutes, and consider changes for better alignment.

See the next page for tips on correct size and height for the chair, and to see examples of the HipIndex in use.

Use this line to adjust pelvis to align with the mid-line of the torso and head.



This is a good starting point for work that requires level vision only. The HipIndex shows the position of the pelvis in line with the upper body.

Attach this end at the waist at the back of the body

Attach this end at the waist at the front of the body

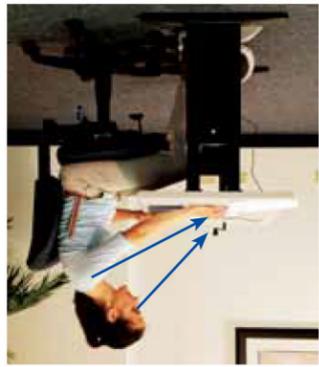
Align with waistline

Fold

CAUTION: The HipIndex is intended to help show normal, pain-free body movements in sitting. The HipIndex is not intended for exercise or treatment strategies. See a health care professional if sitting or movement is painful. Use of this product or method does not claim to treat or cure any existing disease or injury.

Watch out for forward bending of the head. Be careful that shoulder reach and the position of the visual targets does not cause slumping.

Look for the vertical line of the HipIndex to point to the upper body



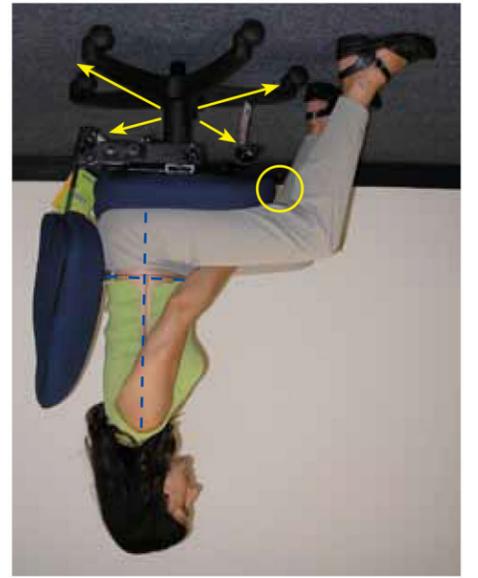
WATCH OUT FOR FORWARD BENDING

Forward bending over time may gradually cause slumping when the pan angle and the work surface height do not agree with how the work needs to be done.

- Set the chair seat level and sit up straight with the feet firmly on the floor.
- Move the chair side to side, and then front to back to feel the effort it takes to move the chair. Repeat the same movements with the chair at different heights.
- Choose the chair height which the easiest to move the chair, or to sit upright and do the work.

2. FIND THE BEST CHAIR HEIGHT

- The length of the seat should allow 1-3 inches space between the front of the chair pan and the back of the knee.
- Adjust the back support or use a lumbar pad if needed.

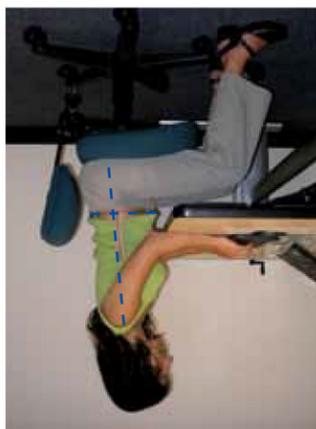


1. FIND THE RIGHT SIZE CHAIR

There are many features to chair fitting, but the most important is the ability to move the legs with good back support. The length of the seat should allow 1-3 inches space between the front of the chair pan and the back of the knee.

Adjust the back support or use a lumbar pad if needed.

- Position the body to do the work.
- Sit up tall, breathe into the stomach and then relax.
- Adjust the chair seat angle so that the vertical line of the HipIndex™ is aligned with the middle of the upper body.
- It may be easier to sit up straight by tipping the seat angle forward or use a seat wedge or towel.
- Move back support to sit up easily



3. FIND THE BEST CHAIR SEAT ANGLE

A Natural-Center Seating™ is helpful to have someone watch the process, not only to avoid skipping a step, but also to see hip movement from another perspective.