

CORRECT ELEVATED LEG POSITIONING



1. KEEP IT CLOSE

When elevating legs using a footstool keep it as close to the chair as possible to support the full length of the lower leg and the back of the knee.



2. GIVE FULL SUPPORT

Bigger/wider legs will require two lengthways stools, one per leg. If it is too uncomfortable to raise both legs together, raise one at a time and alternate.



3. OFFLOAD PRESSURE

Consider the footstool surface and use soft pillows if required. To offload pressure, heels must be 'floated' over the end of the stool.



4. GET THE HEIGHT RIGHT

The height of the stool must be as closely matched to the height of the chair seat as possible