CareFlex

# HydroTilt Adjustable Lateral System

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These are the user instructions for the HydroTilt adjustable lateral system. Please keep them in a safe place and refer to them when adjusting the lateral support system.

The adjustable lateral system can be retrofitted to all HydroTilt chairs. It consists of rails which fit into the gap between the underside edge of the chair wings and the chair back board. Lateral pads are fitted to these rails and can be adjusted up and down to suit the requirements of the user. The laterals also have independent width adjustment for achieving a good 'midline' posture.

The adjustable laterals should be used to counter any tendency for a client to lean to one side. They are not suitable for more active clients who are able to manage their own posture, or who tend to rock backwards and forwards, or who are ataxic.



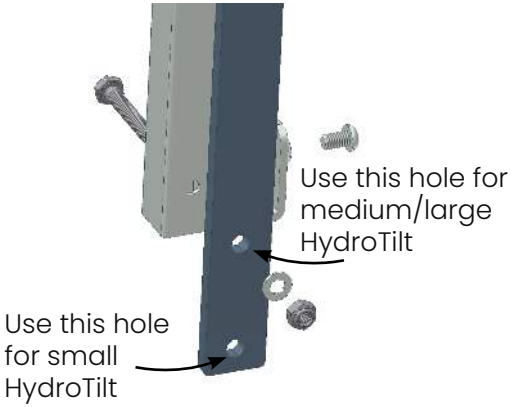
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## 1. Adjustable Laterals Fitting

To fit the adjustable lateral system to a HydroTilt you will need a 4mm hexagonal socket (allen) key and two 10mm spanners.

There are two sizes of lateral supports but the rails they fit onto are the same. The rails have to be built up for either a small or a medium/large HydroTilt. Use the lower hole in the clamp plate for the small HydroTilt and the upper hole for the medium/large.

Begin by removing the back cushion of the chair. Separate the Velcro strips running along the top edge of the back cushion and the top of the back board. Carefully pull the back cushion forward and rest it on the seat cushion. This will reveal the gap between the underside edge of the chair wings and the back board.



## 2. Fitting the Adjustable Lateral Support System

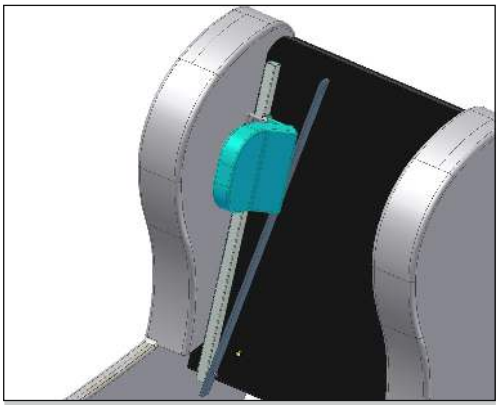
The rails consist of a square tube and a clamping plate. The two parts are fastened together with a machine screw at the bottom. See page 1 for sizing details.

Fasten the screw through the tube and the plate with a nylon nut. Do not fully tighten the nut in place as the assembly needs to be loose for easy adjustment of the laterals. Slide the lateral support metalwork onto the square rail tube.

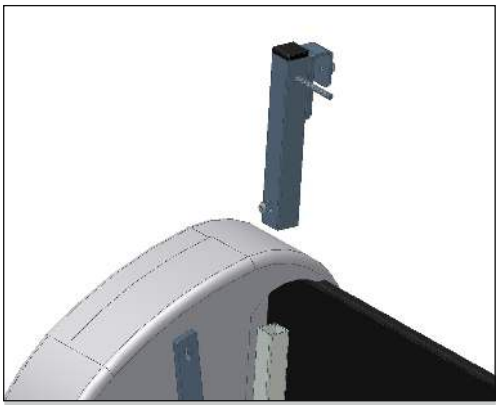
Position the rail assembly on the chair. Hook the anchor on the bottom of the rail tube onto the bottom edge of the back board.

There is a left and right hand fixing bracket. When fitted to the chair, the hooks on the fixing brackets sit over the top of the back board and the threaded stems point in towards each other.

Fit the appropriate fixing bracket onto the top end of the rail tube. Fit the slot in the end of the clamping plate over the end of the threaded stem on the fixing bracket.



Fitting the hook on the bottom end of the rail tube over the bottom edge of the back board.

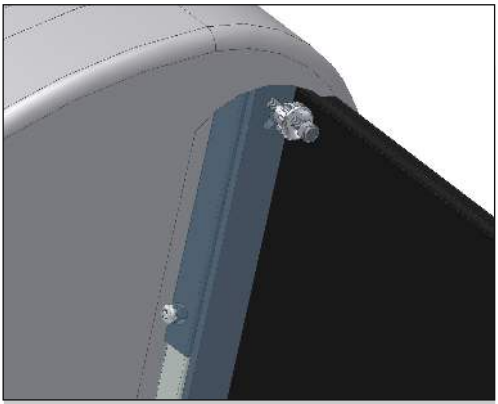


Sliding the fixing bracket onto the top of the rail tube.

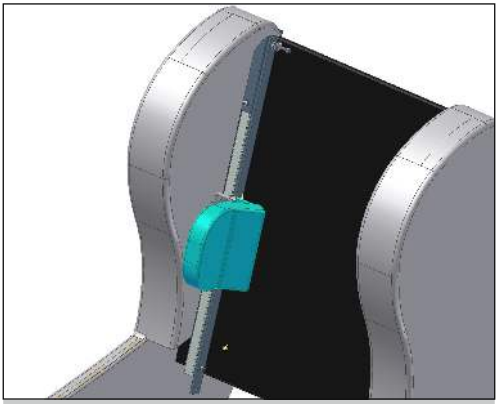
Fit a small knob onto the stem, followed by a nylon nut. Tighten the nylon so that the stem protrudes slightly through it. This will stop the small knob coming off and getting lost.

Position the assembly in the gap between the underside edge of the wing and the back board. Use a 4mm allen key to tighten the socket head screw on the front of the fixing bracket and on the hooks which are sitting over the top and bottom edge of the back board.

Once the rails have been fitted, the back cushion can be put back in place. Squeeze the cushion so that it fits between and underneath the laterals. Re-attach the back cushion to the backboard with the Velcro tabs on the cushion.



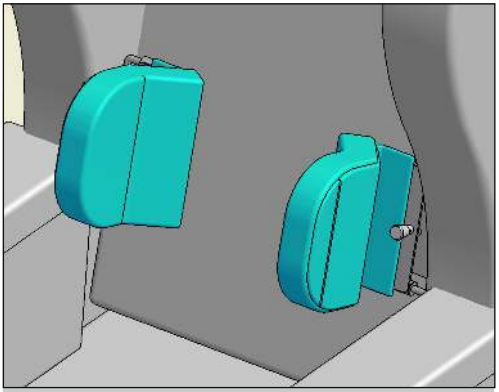
Slot in clamping plate fitted over thread & fixed in place with the thumb screw and nylon.



Tighten the socket head screws on the front of the fixing bracket and the hooks with a 4mm allen key.

## 3. Adjustable Laterals in Use

Lateral supports are usually adjusted to a height where they are supporting the client's thorax (upper chest). The laterals should be adjusted so that the majority of the height of the lateral is above the client's lower rib. There is no point in fitting the laterals against the sides of the client's abdomen or just above their waist, as these areas consist of soft tissue which will compress into the lateral and will not stop the client leaning over to one side. For comfort, if fitting the laterals as high as possible, leave a three finger gap between the top of the lateral and the client's armpit.



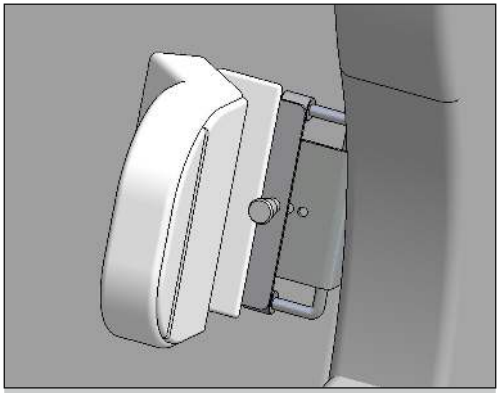
The adjustable laterals fitted.

If possible, before transferring the client into the HydroTilt take a measurement of the height of any lateral support they have fitted to a wheelchair or activity chair. Otherwise, try to measure from seat to mid chest height. The laterals can then be adjusted to this height prior to transferring the client to the chair.

Similarly, measure the distance between the lateral supports on the client's wheelchair or across their chest so that the width between the laterals can be set up before transfer.

## 4. Adjusting the Laterals

To adjust lateral height, pull back the corners of the chair back cushion to reveal the small knobs on the top hook fasteners. Undo the knobs until they hit the nylon nut. The clamping plate will free up, allowing the laterals to be raised or lowered to the desired position. Once at the correct height, tighten the knobs to clamp the laterals in position. Re-attach the Velcro on the top of the back cushion to keep the chair tidy and the hook fixing covered.



Pull out the indexer to adjust lateral width. Grab the whole lateral to make movement easier.

Lateral width is controlled by an indexer on the lateral pad which locates into holes on the lateral support metalwork. When adjusting lateral width, aim to keep both laterals adjusted equally from the centre of the chair. This can be done by counting the visible holes on the lateral support metalwork. If two holes are showing on one side of the chair, adjust the lateral on the opposite side to the same position.

Pull out the indexer and adjust the lateral to the desired width setting. Release the indexer at the desired position and carefully move the lateral sideways until you feel the indexer click into place. Ensure the indexer is correctly located before the laterals are used.

# Important Safety Information

- Please take the time to familiarise yourself with all the aspects of your HydroTilt Adjustable Laterals and their functions before using them.
- Check the laterals for signs of damage before use. Ensure they are correctly fitted and working properly. The laterals should not be used if the covers are torn.
- If you feel that the Adjustable Lateral Support System is damaged or is not working as intended, take it out of service immediately and contact your CareFlex representative.
- Refer to the Fabric and Cleaning Guide for cleaning and decontamination guidelines.

CareFlex Ltd. Templer House, King Charles Business Park, Old Newton Road, Heathfield, Devon. TQ12 6UT

Tel: 01626 836440 info@careflex.co.uk www.careflex.co.uk