



# Clinical Assistance Guide

## Aspire PostureFit Lift Recline Chair

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# Aspire PostureFit Lift Recline Chair

Configurable Pressure Care Seating Solution for unique and changing needs

The PostureFit Configurable Lift Recline Chair provides adjustable seating that can adapt to individual user needs. With adjustable seat width, depth, and various backrest options, the PostureFit offers customised comfort for different requirements.

Its tool-free design allows for easy adjustments as user needs evolve over time, accommodating various conditions.

## FEATURES

### Targeted Postural Support and Interchangeable Backrest

Backrest options and accessories can be customised to meet individual needs.



**Waterfall Backrest**

Comes as standard

**Classic Backrest**

**Advanced Immersion Backrest**

**Lateral Support Blocks**

**Profiled Headrest**

- **Waterfall:** The PostureFit includes a standard Waterfall backrest with three adjustable cushions. These cushions can be positioned and customised to support specific postural needs. Polyfibre can be added or removed to provide thoracic and sacral support, accommodating conditions such as kyphosis, lordosis, or a gluteal shelf. The cushions can also be arranged to support midline sitting for users with kyphosis.
- **Classic:** Offers a traditional backrest shape
- **Advanced Immersion:** Four adjustable chambers create a supportive, immersive backrest designed to enhance upright sitting and accommodate kyphosis. This design provides protection for users at risk of pressure injuries due to postural deviations or thoracic pressure.
- **Lateral Support Blocks:** An optional accessory for users needing extra lateral support. These can be positioned inside or behind the backrest cushions, preserving the chair's aesthetic.
- **Profiled Headrest:** Offers lateral neck support during upright sitting. This headrest replaces the standard head cushion on any backrest option, providing additional head and neck support in both upright and reclined positions. It integrates smoothly with the electrically adjustable head and neck support for precise positioning.

### Pressure Relief Seating

- **Hybrid Cushion Technology:** This foam-in-cell air cushion redistributes pressure to enhance comfort. The cushion self-inflates when the valve is opened, eliminating the need for a pump.
- **Aftermarket Cushion Integration:** The pre-cut seat structure allows easy removal of the core section, accommodating third-party cushions without affecting performance or infection control. A custom over-seat option is also supports pressure cushions such as ROHO or Kineris, by allowing easy inflation adjustments.
- Petite and Small-Medium PostureFit models accommodate a Med-High profile 15" x 15" cushion, while Tall-Medium-Large models accommodate a Med-High profile 17" x 17" cushion.
- **Medical Grade Foam:** High-density foam supports prolonged sitting and can facilitate day sleeping, enhancing durability.
- **Removable Overlay:** A segmented, pressure-reducing overlay with zipper access, allowing for foam customisation and refreshment throughout the chair's lifespan.

## Infinite Positioning

- **Adjustable Head and Neck Support:** The headrest is electrically adjustable via the handset, providing tailored support and positioning of the head and neck, reducing strain when reading, watching TV, or relaxing. The adjustment range also provides support for kyphotic users in the reclined position.
- **Zero Gravity Positioning:** Provides a weightless sensation and redistributes pressure away from the lower back for pain relief. The combination of seat tilt and leg raise assists with oedema management and supports posture and midline positioning.
- **Enhanced Circulation:** Independent leg elevation and back recline help the user maintain comfort. Legs can be elevated above the heart to reduce swelling, improve circulation, and relieve fatigue. The gradual seat tilt reduces shear.
- **Integrated Footrest Extension:** Accommodates a range of user heights without adjusting the legrest or chair height. The extension can be removed for users with specific heel care needs.
- **Vertical Lift Mechanism:** Provides sitting height adjustment for taller users and a stable sit-to-stand motion, removing the sliding-forward sensation for added confidence. Available on all models without compromising SWL, **unlike some competing products where this feature may reduce SWL by up to 50kg.**
- **Leg Rest Channel:** An optional accessory for lower limb postural alignment, especially for users with atypical postures. This feature helps prevent leg sliding, maintaining comfort and support.
- **Lift/Recline:** Supports safe sit-to-stand transfers for users with lower limb weakness, reduced core strength, or balance issues.
- **Rehabilitation/Training:** The PostureFit offers 60mm of vertical parallel movement during the lift phase before tilting forward. This supports confident sit-to-stand transfers and aids rehabilitation as lower limb strength improves.

## Upholstery

- **Genuine PU - Carrflex Material:** This breathable, multi-stretch material allows for immersion into the back, seat, and armrest support surfaces. It helps minimise friction and shear at the skin interface, maintaining a healthy microclimate to protect the user's skin integrity.
- **Healthcare Vinyl:** The external surfaces of the PostureFit are made from healthcare vinyl, which is stain and water-resistant to support strict infection control protocols in healthcare settings.

## Tool-free Adjustment

The PostureFit chair can be adjusted easily without tools to meet individual needs. Multiple backrest mounts with a safety lock, push-to-lock/unlock armrest latches, and an integrated leg-rest extension eliminate the need for adjustments while on hands and knees. On-the-spot adjustments can be made by a visiting AHP or informed carer to address changing postural needs.

- **Seat Depth:** Correct seat depth is essential for effective pressure redistribution, positioning, and circulation. Correct seat depth keeps the user's feet flat on the floor, supports the thighs, and helps maintain a neutral pelvis. The PostureFit backrests feature a dual bracket system with two seat positions, allowing easy adjustment of seat depth within a 50mm range. An additional back bracket safety lock maximises user confidence during full recline. Rear access zipper pockets allow for padding adjustments to optimise seat fit.
- **Seat Width:** Correct seat width is essential for comfort, upright posture, and reduced risk of pressure injuries at key areas like the greater trochanter, thigh sides, and ischial tuberosities. The seat width should provide space on either side of the user's hips/thighs. It can be easily modified with a push-button and by switching the armrests, adjusting the distance between them by up to 50mm to support a range of users and optimise skin protection.

## Handset

The high-contrast, large, raised buttons are suitable for users with low vision, limited dexterity, or arthritis. The hand control and handset loop can be positioned on either side of the chair to accommodate users with one-sided upper limb weakness or limitations, or to support carers during assisted transfers.

### Transport Option with Safety Lockout

The PostureFit can be moved around the room or home (without the user seated) to facilitate transfers or activities. The front directional casters engage easily through a foot pedal located at the back of the chair.

When the chair is in a seated position, the large directional wheels are lifted to prevent movement, reducing fall risks. The hand control will not operate when the wheels are engaged, providing a safety lockout feature.

This feature is engaged through the foot pedal, allowing the directional wheels to prevent forward/backward movement. Competing products with front swivel casters lack this locking feature, which may result in sideways movement during entry or exit.

### Battery Backup

A battery backup is included with the PostureFit, allowing the chair to be used during a power outage or when moved between rooms.

## IDEAL USER CONDITIONS

Individuals with long-term or progressive health conditions may benefit from the additional support and adjustability of the PostureFit Chair. This includes users with the following support needs:

#### Require increased postural support due to:

- Progressive neurological conditions, such as MS, MND, Parkinson's disease, or dementia
- Chronic pain
- Neurological conditions, including TBI, CVA, Cerebral Palsy, or Guillain-Barre syndrome

#### Require the ability to change their posture due to:

- Risk of autonomic dysreflexia
- Pain
- Increased or reduced muscle tone
- Reduced head control
- Kyphotic posture with limited visual orientation
- Larger body girth, requiring backrest recline for comfort

- Seat angle adjustment needed to assist with positioning for ceiling hoist transfers
- Adjustable seat width required for a wider sitting surface
- Assistance needed for sit-to-stand transfers due to lower limb weakness, reduced core strength, or balance issues
- Need for a breathable, multi-stretch material to protect skin from pressure injury risks
- Enhanced pressure care and postural support needed in the seating surface

## CONSIDERATIONS FOR USE

Ensure that the PostureFit Chair is positioned at an appropriate distance from the wall to allow for full operation of its functions without obstruction from walls or walkways.

Use the Script Form to outline the setup of the PostureFit Chair upon delivery, including:

- Chair size (Petite; Small/Medium; Tall Medium/Large)
- Accessories
- Seat width
- Custom over-seat option
- Seat depth
- Air cushion (e.g., Roho or Kineris), if needed
- Position of hand control - LHS/RHS

## CLIENT OUTCOMES

The PostureFit Configurable Lift Recline Chair provides the advantages of a standard lift recline chair, with additional features designed to support postural and pressure care needs. These features are especially beneficial for users who spend extended periods seated.

### Enhanced Positioning for Comfort, Pain Management, Circulation, Postural Adjustments, and Pressure Care:

- **Infinite Positioning:** Allows for independent postural adjustments to achieve a comfortable position.
- **Multiple Seating Positions:** Support those who spend extended time seated, helping reduce the risk of pressure injuries, improving circulation, and providing optimal support for activities such as resting, reading, watching TV, or eating.
- **Independent Sit-to-stand Transfers:** Enable postural changes, allowing the user to stand and move, which can aid in pressure care management.
- **Zero Gravity Position:**
  - **Aids Circulation:** By allowing the ankles to be positioned above heart level. For users with circulation issues causing leg pain or ankle swelling, elevating the legs can help reduce discomfort and swelling.
  - **Redistribute Pressure:** Away from pelvic bony prominences to the back's greater surface area, supporting postural adjustments and pressure care.
  - **Support Surfaces:** Including back, seat, armrests, and leg rests—are made of immersive, pressure-reducing foam covered by multi-stretch fabric, promoting pressure redistribution through immersion and envelopment.
  - **Hybrid Foam-in-cell Air Seat Cushion:** Replaceable with a ROHO or similar air cushion to support higher pressure care needs. An additional custom over-seat air cushion option is available for users at high risk of pressure injury.
- **Three Adjustable Backrest Cushion Options:** Along with accessories, enable customisation of the back and neck rest to meet postural needs.
- **Multiple Seat Positions:** Including Zero Gravity, support posture and pressure care while promoting functionality and inclusion.

### Enhanced Safety, Independence, and Reduced Fall Risk:

- The PostureFit Lift Recline chair enhances safety for individuals with joint stiffness, limited range of motion, weakness, or pain that make it challenging to stand safely or independently, reducing the risk of collapsing or overbalancing. For example:
  - Users may be unable to bend their knees to assist with standing
  - Users may have shoulder or wrist pain that restricts their ability to push up from the chair to stand
  - Users may have back pain that limits their ability to bend forward when standing
- The chair user can control sit-to-stand or stand-to-sit transfers by raising the chair to a comfortable height, helping engage muscles for improved standing and balance.

### Energy Conservation and Fatigue Management:

- Zero Gravity, recline, and leg raise functions enable users to rest in the chair without needing to exert effort to return to bed during the day.
- Frequent rest breaks and postural changes can assist with pacing and managing fatigue.
- For individuals with cardiopulmonary conditions worsened by the effort of standing from a static chair, the PostureFit reduces the effort needed for sit-to-stand transfers. This promotes mobility and enables easier access to daily activities that may otherwise be challenging due to standing difficulty.

### Enhanced Health and Wellbeing:

- For those who find sitting uncomfortable, a Lift and Recline chair may help them find a comfortable position to sit out of bed and join friends or family, reducing the need to stay in bed.
- Greater independence and control can positively impact health and wellbeing.
- Reclining can improve posture and support diaphragmatic breathing.
- Enhanced postural and pressure care features of the PostureFit chair support pressure management and help reduce the risk of pressure injuries.

### Improved safety and reduced level of assistance required by formal and/or informal carers:

- For carers with health conditions such as frailty, cardiac issues, or back pain, the chair's lift function reduces the risk of injury when assisting the person they care for to stand.
- The chair user may sustain injuries from being pulled out of the chair by a carer or from overbalancing and falling when attempting to stand from a low chair.
- Carers can also sustain injuries from frequent, awkward, or unpredictable manual handling when helping the chair user stand or sit. For example, this may occur if the chair user pulls on the carer's arm or if the carer has to catch a person who is falling.
- The carer does not need to stay close by to assist with chair transfers or help the person return to bed when they need a rest.
- The PostureFit Lift Recline Chair is compatible with lifting aids, and its Zero Gravity and lift features assist with positioning and transfers.
- The Lift Chair simplifies transfers by reducing the amount of lifting required by the carer, thereby minimising the risk of strain or injury. This may also improve the sustainability of caregiver support.

## SPECIFICATIONS

Code / Colour	Seat Height mm/"	Seat Depth mm/"	Seat Width mm/"	Backrest Height mm/"	Overall Height mm/"	Overall Depth mm/"	Overall Width mm/"	Distance from wall mm/"
<b>Petite</b>								
CHP198240 / Black CHP198241 / Stone	450	475 - 525	485 - 535	700	1080	900	760 - 810	580
CHP198240 - UK / Black CHP1982541 - UK / Stone	18	19 - 21	19 - 21	27.5	42.5	35.5	30 - 32	22.8
<b>Small / Medium</b>								
CHP198250 / Black CHP198251 / Stone	490	475 - 525	485 - 535	740	1140	900	760 - 810	580
CHP198250 - UK / Black CHP198251 - UK / Stone	19.3	19 - 21	19 - 21	29	45	35.5	30 - 32	22.8
<b>Medium / Large Tall</b>								
CHP198260 / Black CHP198261 / Stone	490	525 - 575	535 - 585	790	1180	950	820 - 870	580
CHP198260 - UK / Black CHP198261 - UK / Stone	19.3	21 - 23	21 - 23	31	46.5	37.4	32 - 34	22.8

BS 5852  
PART 2 CRIB 5

2 YEAR WARRANTY  
Frame & Electronics

1 YEAR WARRANTY  
Handset & Cables



## COMPLIANCE

Aspire PostureFit chairs are manufactured and independently tested to meet relevant market compliance standards. The PostureFit Configurable Lift Recline Chair has been tested and complies with IEC 60601-1-2 standards.

## SAFE SET UP & USE

### Positioning the PostureFit Chair in the Home or Facility:

- The PostureFit Configurable Lift Recline Chair is for indoor use only. Avoid exposure to rain, snow, ice, salt, or standing water. Maintain and store the chair in a clean, dry environment.
- Place your PostureFit Configurable Lift Recline Chair near a standard electrical outlet on dry, level ground with sufficient space for proper operation.
- Ensure sufficient clearance behind the PostureFit Configurable Lift Recline Chair to avoid obstructions, allowing full recline. Suggested wall clearance: 580mm.
- Avoid placing objects under the footrest when the PostureFit Configurable Lift Recline Chair is fully reclined. Ensure the area is clear of obstructions, including pets and small children, during operation.
- The transport wheels allow the chair to be moved along level pathways to different parts of the home or facility. The PostureFit can be plugged into a power outlet at its new location, or a backup battery can support up to 10 lifts if a power outlet is unavailable.
- Maintain a distance of at least 3 meters (9 feet) between the PostureFit Lift Recline Chair and any hand-held equipment emitting 10 watts or more of output power.

### Electronics:

- Plug the power cord directly into a standard electrical outlet. Do not use an extension cord.
- Keep all electrical components dry at all times to prevent shock or electrical hazards.
- Do not cover or place the external transformer under the recliner. Keep it in an open, well-ventilated area, free from foreign material and away from possible pinch points.
- Avoid placing any items, such as drinking glasses, on or near the external transformer.
- If cleaning the external transformer or hand control, unplug the power cord from the outlet. Use a clean, dry, or lightly damp cloth, and dry completely before reconnecting the power cord.
- Regularly inspect the hand control and power cords for any visible damage.
- Keep the hand control away from heated surfaces.
- Ensure the hand control is positioned out of the way before sitting in the chair.



**Safe Use:**

- Only the intended user should operate the PostureFit Lift Recline Chair. Do not allow children to play on or use the chair.
- Avoid pinch points: The lift and scissor mechanisms are pinch points on the PostureFit Lift Recline Chair. Keep the following items and similar objects away from these areas when operating the chair:
  - Body parts
  - Small children
  - Pets
  - Wires
  - Oxygen tubes
  - Loose items, including but not limited to clothing and blankets
  - Electrical power leads
- Leave the PostureFit Lift Recline Chair in an upright and closed position when not in use.
- Avoid sitting or standing on the footrest.
- Do not sit on the armrests.
- Avoid “dropping” into the PostureFit Lift Recline Chair when it is in a partially raised position, as this can damage the seat and void the warranty.

For complete recommendations, warnings and instructions, please consult the user manual.

## CARE & PREVENTATIVE MAINTENANCE

Aidacare recommends regular inspections of the PostureFit Lift Recline Chair and if damage is detected, turn off the mains power source at the wall, unplug the chair and contact your authorised Aspire dealer for service.

An annual service is recommended for routine preventative maintenance. For complete information regarding care and preventative maintenance, please refer the user manual.

## AIDACARE KNOWLEDGE HUB

### Aidacare Website Product Page



Aspire PostureFit Lift Recline Chair

### Video Library



Aspire Posturefit Configurable Lifting Recline Chair Video

### PDF Library



Aspire PostureFit Chair Brochure



Aspire PostureFit User Manual



Aspire PostureFit Script Form