



Seating Tips: Foot Support

Good foot support while seated can provide benefits including a sense of orientation and security, reduced pressure on the back of the thighs, improved low back comfort and position, among others. It is a factor that many therapists address in the classroom to improve comfort, the student's sense of security, and focus.



This is an example of poor foot support. The seating surface is too high for this student's feet to reach the floor, causing the weight of the legs to put pressure on the back of the thighs and tending to cause the student to slide forward on the seat over time. If a lower seat is not available, then a foot support should be added.



In this photo, a foot support made of books found in the home is in place. The ideal height foot support will result in the entire foot being in contact with the support, and will relieve pressure on the back of the thighs, while allowing them to remain in contact with the seating surface. In some cases, motion restrictions in the ankle will prevent the entire foot from contacting the foot support. A slanted foot support could be used in that situation, if desired.



If you have to stack objects to get the appropriate height, like the books in this photo, it is recommended that the objects be secured together for more stability. These items can be taped together. Duct tape or electrical tape are good choices for this. In order to avoid damage to the objects when the tape is eventually removed, consider wrapping the items in plastic sandwich wrap ("Saran Wrap") before taping them together, as shown in this photo.

For specific questions or for more information, please contact your therapist.