

Seating Tips: Seat Depth

For some students, the chairs that they use at home may be too large for them from the perspective of the depth of the seat. Among other things, a seat depth that is too long may result in poor spinal posture, poor head position, increased pressure in the pelvic area, and poor foot support. Fortunately, this is usually easily corrected.



You can see in this photo that the back of the student's legs are pushed against the edge of the chair, causing the lower legs to be forward and the feet to not have good contact with the floor. When a situation like this is observed, consider shortening the depth of the seat by placing a pillow or cushion behind the student against the backrest of the chair.



This photo shows the proper placement of a pillow behind the student for shortening seat depth. After placing the pillow, have the student adjust to the new support, and check the depth of the seat again by observing the position of the legs against the edge of the seat, as shown in the next picture.



This photo shows the seat depth after having placed a pillow behind the student. This is an example of appropriate seat depth. You can see a small amount of space between the back of the legs and the chair, and the feet are supported well on the floor (although foot support may not always be corrected by a seat depth adjustment – see the *Seating Tips: Foot Support* page for more information).

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