



Seating Tips: Support Between Knees

Some students may have muscle stiffness or spasticity that causes their knees to press together when sitting. Many wheelchairs and other specialized chairs have supports to address this, but in a standard chair that you find in the home, this issue may need to be addressed. Please contact your therapist with questions or for more information.



This photo shows the knees together position that can result from soft tissue tightness or spasticity. It can cause skin issues along the inside of the knees and inner thighs, and can contribute to hip pain and structural issues. It can also feed into a cycle that causes other areas of the body to be stiff and tight.



Placing a rolled up towel or small, firm pillow between the knees can help address this issue. The correctly sized pillow or towel roll will position the thighs so that they are parallel to each other. This photo shows the properly sized support and good knee and thigh position. Please note that the knees should never be forced apart - try to achieve the parallel thigh position only if the range of motion is available.

For more information or if you have specific questions, please contact your therapist.