

How to Adjust your ROHO Cushion



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How To Adjust Your ROHO[®] Cushion

- ROHO[®] HIGH PROFILE[®] Single Compartment Cushion
- ROHO[®] LOW PROFILE[®] Single Compartment Cushion
- ROHO[®] HIGH PROFILE[®] Dual Compartment Cushion
- ROHO[®] LOW PROFILE[®] Dual Compartment Cushion
- ROHO[®] MID PROFILE[™] Cushion
- ROHO[®] ENHANCER[®] Cushion



STEP 1 Place cushion on chair, making sure it is centered with air cells up, with air valve in front, left corner (when the user is seated). Consult your prescriber about alternative positions of air valves. Turn valve **counterclockwise** to open.



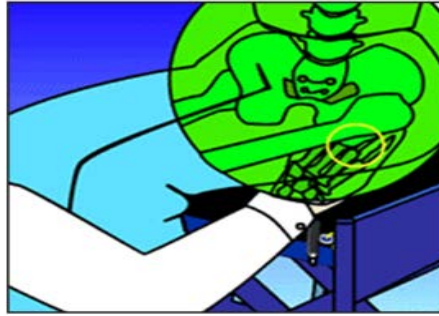
STEP 2 Slide the pump's rubber nozzle over the valve and inflate the cushion until it begins to slightly arch upward.



STEP 3 Pinch the pump's nozzle and turn valve **clockwise** to close. Remove pump. (Repeat steps 1 - 3 for remaining air valves on multi-valve cushions.)



STEP 4 Have the user sit in the chair, making sure the cushion is centered underneath. The user should be seated in their normal sitting position.



STEP 5 Slide your hand between the cushion's surface and the user's bottom. Lift their leg slightly and feel for their lowest bony prominence. Then lower their leg to a sitting position.



STEP 6 Turn valve **counterclockwise** to let out air, while keeping your hand under the person's lowest bony prominence. Release air until you can barely move your finger tips – no more than 1 inch (2.5 cm) and no less than 1/2 inch (1.5 cm). Turn valve **clockwise** to close.

ROHO[®] Dual Compartment Cushions: To maximize the positioning benefits for individuals with a pelvic obliquity, the side with the deepest bony prominence must be adjusted first. Dual compartments may be used for side-to-side or front-to-back positioning. For those who use front-to-back positioning, adjust the rear section first. Once both adjustments are made, recheck each compartment to ensure proper adjustment.

NOTE: DO NOT sit on an improperly inflated cushion. Under-inflation and over-inflation of the cushion sections reduce or eliminate the cushion's benefits and could increase risk to the skin and other soft tissue. The cushion is most effective when there is 1/2 inch (1.5 cm) to 1 inch (2.5 cm) of air between the user's bottom and the seating surface.

Key points adapted from the complete instructions available on ROHO[®] Cushion web page at www.roho.com/medical/properadjust.jsp

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