

Seated Exercises - Moving when sitting to redistribute pressure

Weight transference is key to redistributing pressure, and reducing the risk of pressure damage to soft tissue.

When seated in a stable, supported position, carry out the following seated exercises every 20 minutes.

Seated movements to redistribute pressure:



Alternately lift legs, so thigh releases from chair



Lean to alternate sides to release hip and buttock from seat



Lean forward as far as comfortably able



Twist from side to side as far as comfortably able



Push up from chair