

Special Seating: An Illustrated Guide

If the knees do not extend to 90° , the seat cushion and lower leg support must allow the legs to go under the seat.

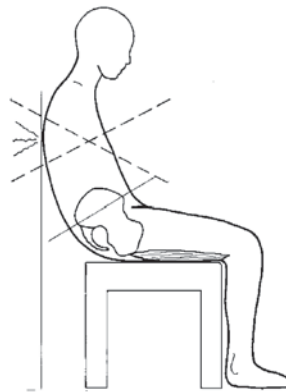


Knees do not straighten to 90°



Leg-to-seat surface angle less than 90°

If not, the muscles in the back of the knees (hamstrings) will roll the pelvis backward (posterior tilt).



Posterior pelvic tilt

Feeling the effect of tight hamstrings:

Sit on a chair. Bend your knees more than 90° so that your feet are behind your knees. Imagine that there is a wide, taut rubber band connected from your butt bones (ischial tuberosities) of your pelvis to just below the back of your knee joint. The rubber band does not allow your knees to straighten (extend) to 90° . Pull your legs into more flexion. Ask a friend to try to straighten your knees. Resist the pull. What happens to your pelvis? Do you feel it rolling backward into a posterior pelvic tilt?

