

# General Care & Use for Z-Axis Custom Wheelchair Cushions

## INSTALLATION

The Custom Z-Axis Cushion is designed and fabricated to accomplish positioning in a total contact fashion, thus reducing pointed pressures, preventing “bottoming out,” and preserving skin integrity. The custom Z-Axis Cushion should be initially installed and fit by an authorized Certified Rehab Services, Inc. provider to ensure the cushion is functioning appropriately for your seating and positioning needs.

**Setting Up the Cushion:** Place cushion in chair with the rear corners placed against the back canes/tubes of wheelchair. The cushion length should be within 1 to 2 inches from the back of patient’s knees. When fit appropriately ischials will be centered in the well of cushion.

**Adjust** footrests so patient’s legs rest comfortably on cushion. It is recommended to use a solid seat in conjunction with the cushion as it will help with the stability of the cushion in the wheelchair. Avoid use with stretched upholstery. Be sure hook and loop fasteners are aligned appropriately and engaged to avoid shifting and to ensure a repeatable application method.

**Caution:** Installing a cushion on wheelchair base may change the center of gravity of the wheelchair. If cushion is not installed correctly it could cause the wheelchair to tip. Always check the wheelchair’s center of gravity after installation of cushion to be sure tipping is ruled out. Also, check if anti-tippers need to be added or adjusted to increase stability after installation of cushion.

## CLEANING & MAINTENANCE

Regular cleaning and maintenance is highly recommended to help extend life of the cushion and to ensure proper cleanliness.

First unzip and remove cushion cover. Inspect inside and outside of cover for excessive wear and tear or any abnormalities. Once inspected the cover can be machined wash in warm water, and tumbled dry on low heat cycle or air dried. Avoid ironing cover, dry cleaning, and do not use bleach or other chemical during wash cycle.

Once cover is removed inspect foam base for any breakdown or abnormalities. Simply wipe out cushion with damp cloth. Light soap and water may be used, but be sure the cushion air dries completely before use. Re-apply cover after base and cover are dry. Place cover from front to back, the deep contour of the cushion is always the back of the cushion. Then follow installation steps as described above.

## BREAK-IN PROTOCOL

Prior to prolonged sitting, it is recommended to initially sit on the cushion for short periods of time while clinician inspects skin for redness and/or pressure spots. After this initial inspection with clinician commence a gradual use pattern as follows: Initial 30-minute sitting period and inspect for any redness. If no redness is present continue to increase sit time incrementally by 30 minutes to 1 hour each day. Always continually check for redness or pressure spots after each sitting period.

As a general rule keep sit times for a period lasting no longer than 2 to 4 hours. Also utilize pressure relief protocols with manual lifts, manual tilt/reclining, or weight shifts with power equipment as determined by your clinician.

If at any time your skin develops redness and it does not subside within a 10 to 30-minute window discontinue the use of the cushion and consult with your clinician or healthcare provider.

## SKIN CARE

The Custom Z-Axis Cushion is designed and fabricated to reduce pressures and reduce the likelihood of pressure sores. This being stated, there is not a cushion that will 100% eliminate pressure or prevent pressure sores. This is why it is pertinent to have good skin care habits including proper diet, cleanliness, habitual inspection of skin and cushion, while also implementing regular pressure relief techniques as determined by your clinician.

## GENERAL CUSHION CARE

Avoid sharp objects, excessive heat or open flame, prolonged exposure to extreme temperatures hot or cold, and prolonged exposure to direct sunlight.

Be sure there are not obstructions between you and cushion and/or between cover and foam base of cushion.



1709 Heath Parkway  
Fort Collins, CO 80524  
800-466-7015  
info@certifiedortho.com