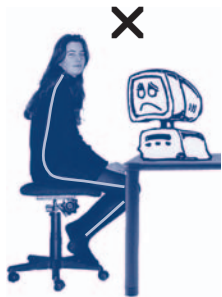


The Pelvic Tilt Wedge

Are you sitting comfortably?

Then you are probably one of the lucky minority whose seat needs no improvement! If not, then perhaps you can do something about it with the Pelvic Tilt 11° Wedge!



The secret of Healthy Sitting lies in having your spine in its natural and balanced 'S' Shape.

The wedge shape of the Pelvic Tilt actively promotes this by raising your hips a little higher than your knees and so giving your pelvis a slight forward tilt, giving you an

'Open Pelvic Angle' and promoting the natural 'S' Shape curvature of your spine. Weight should then be evenly distributed over your discs and the supporting muscles and ligaments should be more comfortably balanced.

The Pelvic Tilt is available as a Firm Wedge (with a non-slip cover) or a softer, Medium Firmness Wedge.

They can have immediate benefit for Office Workers and VDU Operators as they encourage an active, ergonomically efficient and balanced posture. For this use we suggest that the firmer wedge is likely to be the more effective.

Approximate size: 40(w) x 38 x 9 cms & 950gms (firm) or 550gms (medium) (15½" x 15" x 3½" & 34oz or 19oz)



The open Pelvic Angle can give comfort to those with arthritic hips and the medium version has given relief after hip replacement operations.

Musicians, especially Cello players, have found them invaluable during long concerts.

They are suitable for most types of seating and, apart from the uses mentioned, the choice of firm or medium is a personal preference.

The Medium Pelvic Tilt can also be used in some car seats provided there remains sufficient clearance between the top of your head and the roof (ideally the thickness of your hand) and provided it does not create a forward-sloping sitting position. You should **NOT** use the firm wedge in cars. Pelvic Tilt Wedges are not generally compatible with bucket seats or other seats with a highly moulded shape.

They are made from high quality fire-retardant foam with a long lasting and attractive cover. They are lightweight, unobtrusive and are easily carried with their carrying handle.

See also the 'Physio Wedge', if you prefer a flatter wedge.

