

# The Physio Wedge

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## A Physiotherapist's Answer to Sitting Better!



The Physio Wedge is a nominal 8° Wedge of medium firmness with a carrying handle.

The shape differs from our Pelvic Tilt Wedge with the back part level, and the front part sloping gently down to the front of the wedge.

The level section gives you a secure and comfortable platform to sit on and it also helps to avoid slipping down the slope. The sloping part ensures that your hips are higher than your knees: this gently rotates your pelvis forward and encourages your spine into its natural, balanced **'S' Shape**.

The Physio Wedge can be used in cars subject to the same provisos as for the medium Pelvic Tilt - sufficient clearance between the top of your head and the car roof and the avoidance of a forward-sloping sitting position.

Made in high quality fire retardent foam with an attractive long lasting cover, it is lightweight, discreet and easy to carry around.



Approximate size: 39(w) x 39 x 6 cms & 600 gms (15" x 15" x 2¼" & 21 oz)