

DecoTeak™ LiftAide™ Arms & Heights For Comfort & Mobility

LiftAide™ Arms



LiftAide™ Extended Heights



Moving from standing to sitting, and sitting to standing, is one of the most common tasks we perform everyday, and usually taken for granted. However, as we get older, it is also a surprisingly physically challenging task, especially for mobility impaired, elderly, or arthritis sufferers. Significant clinical research has shown that traditional chairs, with a typical height of 17"-18", place significant stress and strain on both the hips and knees. Extensive research has shown that two simple chair interventions can greatly reduce the stress placed on the body when moving from sitting to standing positions:

1. Providing arm rests to allow the arms to lift, or support the body when transitioning from sitting to standing positions.
2. Raising the height of seats to 23". This height was found to be optimal to reduce the strain, and increase the efficiency to rise or sit down in a chair several fold.

With the new DecoTeak™ product line our design team incorporated leading ergonomic research into elegant contemporary designs. Research has shown that the use of arms when going from a seating to a standing position can decrease the strain on muscles, and joints and provide up to 300% increased mobility. Almost all of the DecoTeak™ benches and stools are designed with built in arms to allow customers to conveniently grip the arms as they lift themselves out of the seats. This also provides added safety in a shower environment.

Several of our benches and stools are being offered in the Lift Aide™ Extended Height versions. Clinical research has shown the optimal height of chairs and stools to be 23". These extended heights will provide great benefits to the elderly and mobility and impaired, as well as the general population.

Studies & Reports Sources:

Are You Sitting Comfortably? Arthritis Research Campaign

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Determinants of the sit-to-stand movement. Research report: Physical Therapy, Vol. 82, September 2002

When older adults face the chair rise challenge. A study of chair height availability and height-modified chair-rise performance in the elderly. Journal American Geriatric Soc. 1993, Jan

The influence of chair height on lower limb mechanics during rising. Journal of Orthopedic Research, 1989

The effects of armrests and high seat heights on lower-limb joint load and muscular activity during sitting and rising. Ergonomics, 1992 Nov; 35