



## User Information Guide

# Alternative Positioning Support

### How to position and use the APS Leg Support

Before unwrapping the support, please check that the product is the correct size and a good fit. As unwrapped products cannot be returned, credited or exchanged due to health and hygiene reasons. See returns policy enclosed.

Place the client in supine lying on the bed or floor, positioning them as symmetrically as possible.

Place the Leg Support on the bed or floor to one side of the client, with the side supports resting on the bed or floor and pointing to the client's feet.

Lift each leg in turn onto the Support so that the back of the knee rests on the Support. (Lift the leg with one hand under the thigh and the other hand under the lower leg.)

With both legs in position, turn the Support so that the side supports are pointing upwards.

Place a small pillow under the lower legs to relieve pressure under the heels.

### Adjustment

If greater control of abduction is required, the additional pads provided may be used to decrease the width between the side supports, thereby increasing adduction of the knees.

Three widths can be attained by removing one or both of the detachable side pads. See pictures below. To remove or refit, simply slide the fabric pocket over the main side pad.

### Assembly

If required, the pads and bottom Support can be removed for washing, by undoing the Velcro fastening and unzipping to remove the foam padding.

### Washing and Cleaning

Please see details overleaf.



### Notes

As with all new positioning equipment, it should be gradually introduced and the use carefully monitored.

### This Support is not recommended if...

- Severe knee flexion contractures prevent the knee from resting on the Support.
- In any situation where supine lying may be contra-indicated eg risk of aspiration.

### Using An Air Flow Pressure Mattress

We do not recommend the APS (Alternative Positioning Support) to be used with an air flow pressure mattress due to the risk of potential irregular weight distribution. Use is at care givers discretion following a risk assessment and a thick towel or equivalent should be placed under the APS and any deflation to the mattress monitored closely. If deflation is detected the APS should be removed immediately.



APS frame with no pads added

APS frame with leg support added

Leg support with end pads added

Leg support with ends and theommel added

Leg support with ends and one pad added

Complete APS with all pads added.

REVISION AUGUST 2024 LB



Made in UK

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# Washing & Cleaning

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## Foam Filling

The foam should not be allowed to become penetrated with any substances, It can be sponged clean, but should NOT be immersed in water. The Foam filling should be replaced when there are signs of deterioration, or if it becomes contaminated.

## Drying

Ensure the foam is completely dry before covering. Drying at air temperature.

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## Waterproof Titex Covers

Superficial dirt on the surface may be removed by wiping with a soft cloth moistened with hand hot water and a neutral detergent. Care should be taken when removing and replacing covers. More persistent contamination may be removed by wiping with methylated or white spirit followed by hand hot water and detergent. Abrasive cleaning agents should not be used. See also Washing below. Covers should be replaced if or when the material becomes worn.

## Hygiene and Disinfection

Cleaning and disinfection may be undertaken on the exterior covering. Proprietary disinfectants may be used provided the manufacturers' instructions are followed.

## Washing

The cover may be machine washed at up to 60° C using normal detergents.

## Drying

Adequate drying is a crucial factor in the care of the material. Drying may be affected by hanging out, spinning or tumbling at temperatures up to 100°C. Ensure the cover is completely dry on the inside, with no trapped moisture around the seamed joints, before recovering the foam.

## Storage

Store in a cool dry area.

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