

USER MANUAL

PLEASE READ AND SAVE FOR FUTURE REFERENCE



jarik[™]
fluid cushion

JARIK FLUID WHEELCHAIR CUSHION
PRESSURE SORE PREVENTION AND BETTER POSTURE

www.jarikmedical.com

USER MANUAL

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MISSION STATEMENT

The goals of JARIK Medical are simple:

- 1) To help save the lives of the tens of thousands of people with spinal cord injuries/disorders in developing countries that are dying each year from preventable pressure sores.
- 2) To help all people with disabilities in developing countries to sit straighter, more comfortably and more stably, so that they can function better in their wheelchairs.

To help accomplish this, we will:

- 1) Design, clinically validate, manufacture and distribute high quality wheelchair cushions at least 75% less expensive than comparable products in developed countries.
- 2) Provide a web site with easy-to-follow education materials, to help providers properly fit wheelchair seating.

Proceeds from the sales of our products are used only to support our limited overheads and to developing better future products.

Rick Jay
Founder JARIK Medical

BACKGROUND

In 1981, **Rick Jay** founded Jay Medical and designed the Jay Cushion for wheelchairs, based on a patented fluid technology. With over 1,000,000 Jay Cushions sold to date, this technology is known for its ability to help prevent pressure sores and provide **improved sitting stability and function**. Rick went on to develop a full range of posture-enhancing seating for wheelchairs plus the RIK Fluid Mattress to help heal existing pressure sores.

In June, 2009, Rick founded JARIK Medical, a social enterprise, to which he is donating his time.

JARIK FLUID WHEELCHAIR CUSHION

PRESSURE SORE PREVENTION AND BETTER POSTURE



SUPERIOR PRESSURE SORE PREVENTION

JARIK Fluid Pad conforms perfectly to any buttocks shape, to relieve the pressures that cause pressure sores.

HELPS PREVENT SPINAL CURVATURE

A center seam prevents fluid movement from side to side, to promote level hips and help prevent scoliosis ("S"-shaped spine).

BETTER STABILITY AND BALANCE

Viscous JARIK Fluid takes your shape, then holds hips comfortably in place.

COOLER SITTING

JARIK Fluid acts as "heat sink," that absorbs body heat to provide cooler, more comfortable sitting.

ADJUSTABLE FLUID LEVEL

Hook and loop attachments allow adjustment of fluid level, to prevent bottoming-out of fluid. Re-attach fluid pad towards center of cushion for extra thin patients. (See "User Manual.")

100% URINE-PROOF COVERINGS

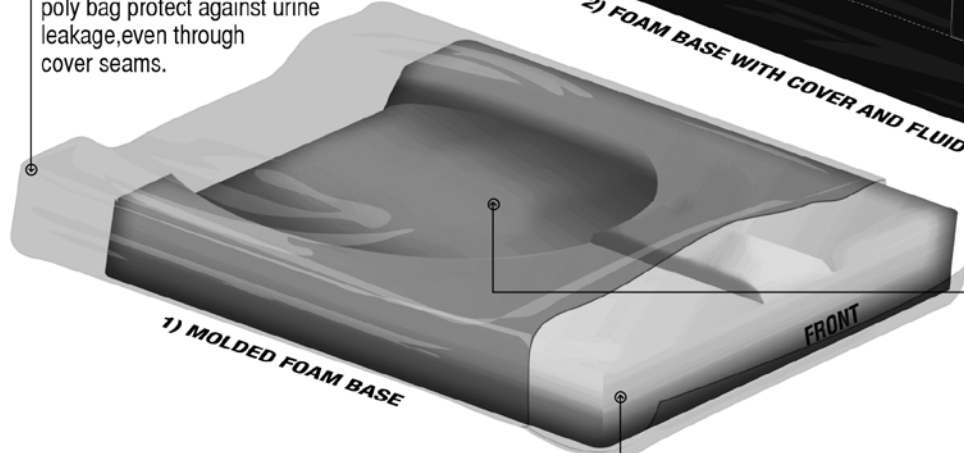
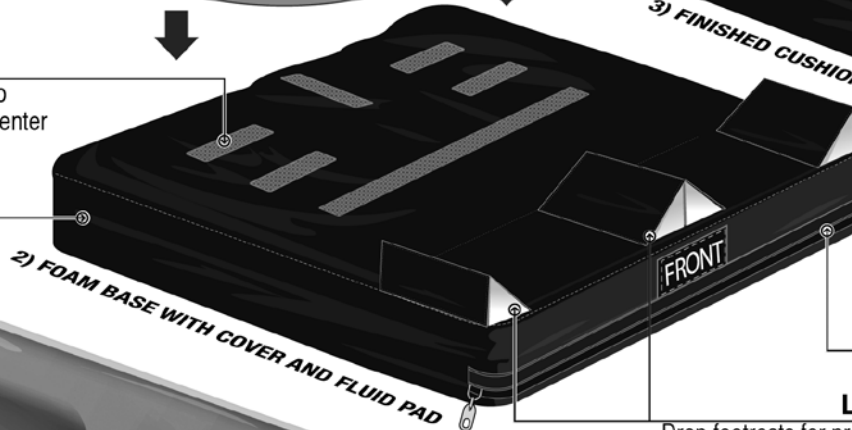
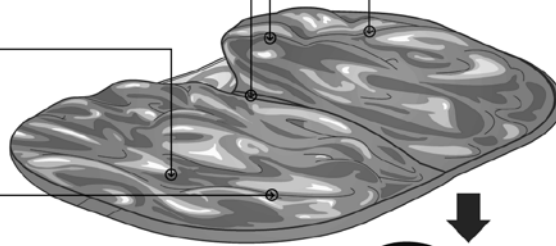
Waterproof cover fabric plus interior poly bag protect against urine leakage, even through cover seams.

LOW SHEAR DESIGN

Shear forces from sitter movements double the effects of pressure. The extra material built into the fluid pad and outer cover move with sitter movements, to dramatically reduce these shear forces.

CLINICALLY PROVEN AND USER PREFERRED

In a study conducted by the Indian Spinal Centre, 85% of wheelchair users preferred JARIK over their existing cushion. See outcome study at www.jarikmedical.com



REMOVABLE, WASHABLE COVER

A "shower-cap" cover removes easily for hand or machine washing. A front handle is provided for easy transport.

USE ON FLAT OR "SLING" SEATS

Can be used on a solid seat (preferred) or a standard cloth seat.

EASY-ACCESS ZIPPER

Allows access to base for modifications.

LEG POSITIONERS

Drop footrests for proper leg positioning. If necessary add leg positioners.

IMPROVED POSTURE

Lightweight foam base helps hold hips comfortably and stably to back of wheelchair, to help prevent "kyphotic" arching of the sitter's back.

EXTRA COMFORT

Soft foam under legs and sides of buttocks provides all-day sitting comfort.

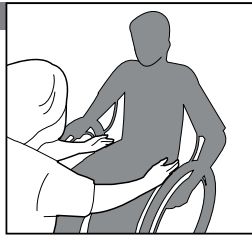
EXTRA-DURABLE MATERIALS

Designed for years of use with minimal maintenance

IMPORTANT FITTING INSTRUCTIONS:

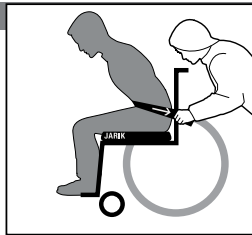


FOLLOWING THESE SIMPLE FITTING STEPS WILL IMPROVE FIT, POSTURE, BALANCE, FUNCTION AND COMFORT. IT WILL ALSO OPTIMIZE THE PRESSURE SORE PREVENTION AFFORDED BY THE CUSHION.



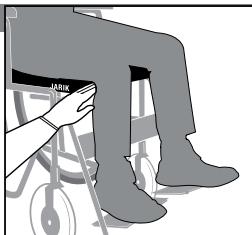
STEP 1. ASSESS WHEELCHAIR WIDTH
MATCH CUSHION WIDTH TO WHEELCHAIR WIDTH. THE IDEAL WIDTH ALLOWS SLIDING OF FINGERS, BUT NOT PALMS ALONG SIDES OF HIPS.

WHY?
Narrower wheelchairs improve posture, are easier to propel and easier to get through doorways.



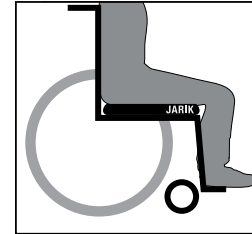
STEP 2. HIPS TO BACK OF WHEELCHAIR
PULL HIPS AS FAR TO BACK OF WHEELCHAIR AS POSSIBLE. IF IT HELPS, FITTER CAN PULL ON SITTER'S BELT.

WHY?
To encourage more upright sitting.



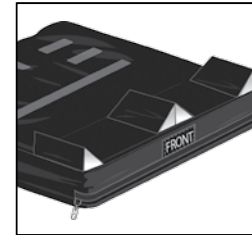
STEP 3. ASSESS CUSHION LENGTH
IF CUSHION DOES NOT EXTEND WITHIN 3 FINGER WIDTHS FROM BACK OF KNEE, TRY LONGER CUSHION. BUT IF CUSHION TOUCHES BACK OF KNEE, TRY SHORTER CUSHION.

WHY?
Because longer cushions provide better leg position, balance and comfort (Cushion can overhang seat.) But cushion should not push knees forward.



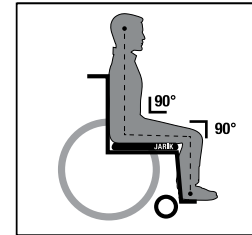
STEP 4. ADJUST FOOTREST HEIGHT
ADJUST FOOTRESTS SO THAT LEGS REST FIRMLY ON CUSHION FRONT.

WHY?
This will make the biggest difference in leg position, sitting balance and comfort.

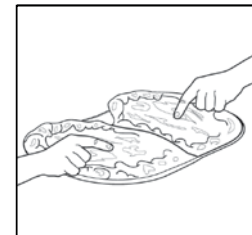


STEP 5. LEG POSITIONERS
USE LEG POSITIONERS ONLY IF NEEDED TO BRING KNEES CLOSER TOGETHER OR FURTHER APART.

WHY?
Because leg positioners will not be needed for most people following steps 1-4. And leg positioners will interfere with transfers. Use of a solid seat will also help leg positioning.



STEP 6. EVALUATE POSTURE
The ideal posture for most people has hips and knees at 90° angles. Following Steps 1-5 should help achieve this posture, or close to it. If not, go to www.jarikmedical.com and follow the more complete "Wheelchair and Cushion Fitting Guide."



STEP 7. CHECK FOR BOTTOMING-OUT!!!
Bottoming out means there is no fluid left under your seat-bones (ischials). It can result in excessively high sitting pressures and pressure sores. Bottoming-out will generally happen only on extremely THIN patients. It can also happen on recliner wheelchairs or on patients that tend to slouch, with their hips forward in their wheelchairs. In the event of bottoming-out, the fluid level can be adjusted by reattaching the black hook from the fluid pad TOWARDS the center of the cushion.

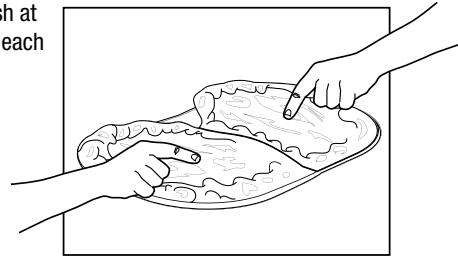
HOW TO CHECK AND ADJUST FOR BOTTOMING-OUT:

To do this:

01. Sit on cushion without outside cover for one or two minutes.

02. Lift yourself off cushion without disturbing fluid.
(get assistance, if necessary).

03. With one finger, push at lowest point of fluid (at each seat-bone location)



04. If LESS than 1 cm or 1/2" of fluid is pushed away before touching foam base, then fluid is in danger of bottoming out and you MUST add to fluid level. This will not occur on heavy users, but is more likely with extremely thin and boney users.

05. To increase fluid level, detach the three (fluid pad) hook attachments from the foam base on the side that is low on fluid, and re-attach the fluid pad CLOSER TO THE CENTER of the foam base. This can add up to 1 cm (1/2") of fluid under the seat bones (ischials.)

WARNING:

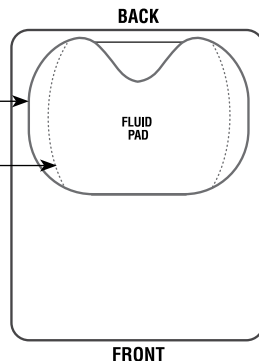
Do not add to fluid level unless necessary, as this will actually increase sitting pressures, as there is less buttocks immersion into the cushion.

06. Reseat yourself, with hips to the back of the chair and re-assess fluid level by repeating steps 1,2 and 3 above.

07. If there is still less than 1 cm (1/2") of safety fluid under either ischial, then DISCONTINUE USE, and try a narrower cushion.

"Normal" Fluid pad Attachment for most users

"Extra Fluid" Attachment (With fluid pad outer edges closer to centre of base)



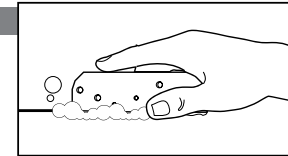
IMPORTANT USE AND CARE INSTRUCTIONS:



Your **JARIK Fluid Cushion** is designed for years of use with a minimum of care. Recommended maintenance includes:

01. Check weekly for bottoming-out, to make sure nothing has changed.

02. Regularly hand or machine-wash the outside cover. Hang to dry, avoiding direct sunshine.



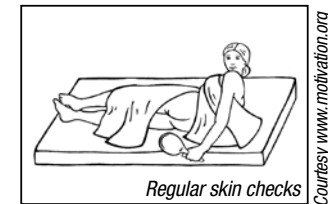
03. Regularly wipe the fluid pad and interior base cover with a mild soap and wipe again with fresh water to rinse away soap residue. If detaching fluid pad for cleaning, make sure to reattach in same position and to recheck for bottoming out.

04. Do not immerse the foam base in water, as it is "open cell" and will absorb and hold water.

WARNINGS

01. **PRACTICE GOOD SKIN CARE.** Even though the JARIK Fluid Cushion is designed to relieve the pressure and shear forces that cause skin breakdown, no cushion is a substitute for good skin care, including: a nutritional diet; proper cleanliness; and regular pressure reliefs.

02. **TRIAL PERIOD.** Before prolonged use, any cushion should undergo a trial period, during which regular skin checks are performed. Even after regular use, the skin should be regularly monitored, and at the first sign of skin redness or breakdown, the cushion should be checked and adjusted for bottoming-out. If it is not bottoming out, then cushion use should be discontinued immediately and a professional should be consulted.



03. **DO NOT LEAVE UNUSED IN EXTREME HEAT OR COLD.** If the cushion warms to more than 45C (110°F) or cools below 5C (40°F), it should be allowed to adjust to room temperature before using. However, nothing prevents a user from sitting all day on the cushion at very high or low external temperatures, as the natural body temperature will prevent the cushion from over-heating or over-cooling.

04. **REPLACE OVERLY STRETCHED UPHOLSTERY:** Although the JARIK Fluid Cushion can be used on a solid seat or "sling" seat, an overly stretched seat or back will negatively affect proper seating position. A solid seat is generally preferable to a sling seat.

05. **IF CUSHION IS STORED ON ITS SIDE:** Flatten fluid pad with hands before using.

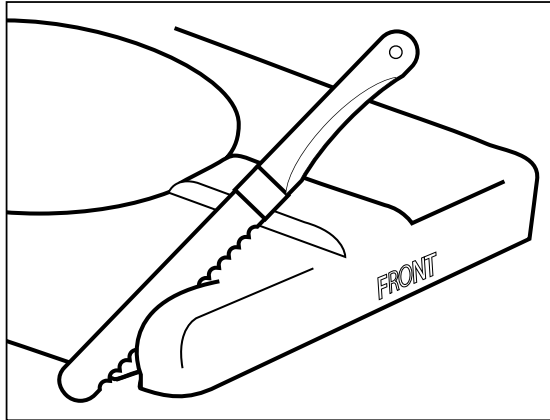
CUSHION MODIFICATIONS



The **JARIK Cushion** is designed to accommodate a variety of modifications, including:

01. LENGTH REDUCTION: Remove foam base from covers.

With a serrated knife, cut up to 5 cm (2") from front of cushion. Single leg shortness can be accommodated by shortening base on one side only. Do not shorten back of base.



02. WIDTH REDUCTION: Base can be narrowed by up to 2 cm (1") by cutting an equal amount of foam (1/2 cm or 1") from either side. However, it is preferable to purchase the next narrower cushion size.

03. REPAIRING ACCIDENTAL PUNCTURES: The top of the JARIK Fluid pad is encased in 3 layers of tough, durable urethane film. An accidental puncture will occur only with a firm stab of a sharp object. However ANY puncture will eventually lead to bottoming out with time. To TEMPORARILY repair a puncture, you will need a very sticky 5cm (2") plastic tape, preferably "Duct Tape," and a clean cloth: 1) Cover the puncture with the cloth and, with the pad flat, push ALL fluid away from at least 5 cm (2") from the puncture in all directions; 2) Using the dry cloth, wipe ALL oil off the pad. The oil is very sticky and will require multiple wipings. 3) Cut a 5 cm (2") length of the tape and press firmly in place over the puncture. 4) Cut two more lengths of tape about 9 cm (4") long and use to completely cover the first patch. Press firmly around all edges. This will provide a TEMPORARY patch that will have to be monitored weekly and replaced if and when leakage through or around the edges of the patch is noticed. Leaks through any SEAMS are NOT repairable and will require a replacement of the fluid pad or the entire cushion.

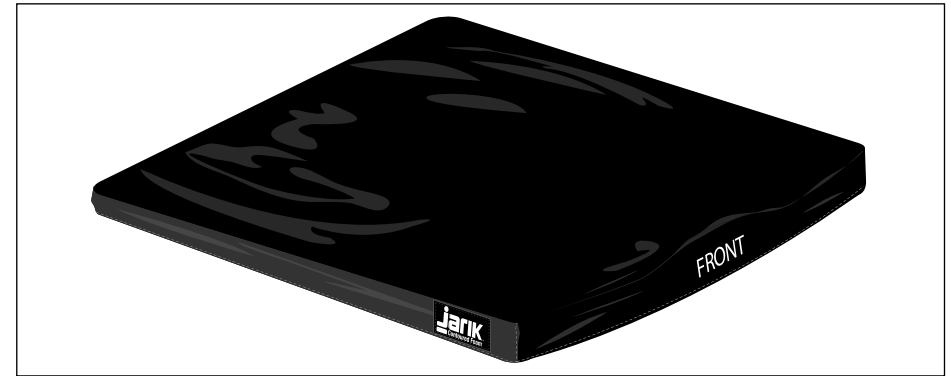
2 YEAR LIMITED WARRANTY

EXCEPT FOR NORMAL WEAR AND TEAR, ANY COMPONENT FAILURE WITHIN 2 YEARS OF PURCHASE WILL BE REPLACED FREE OF CHARGE, *SHIPPING EXCLUDED*. CONTACT YOUR LOCAL JARIK DISTRIBUTOR.

OTHER PRODUCTS FROM JARIK MEDICAL

JARIK CONTOURED FOAM CUSHION

For people not at high risk of developing pressure sores that need an economical cushion for better posture, comfort and durability.



CONTACT US AT OUR WEBSITE AT:

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