

Patient information factsheet

Furniture height measuring

Following cardiac surgery it is often necessary for you to adapt your home temporarily to enable you to:

- Protect surgical wounds
- Make it easier to stand from furniture
- To be independent around the home.

This is a guide to help you know what height furniture you should be using to make standing up easier.

Sitting with your leg at 90° and foot flat on the floor, measure from the base of the heel to the back of the knee, and then add two inches.



You should try and set your furniture at this height, including:



When measuring the furniture ensure the measurement taken are the compressed heights, for example when someone is sitting in the chair

If you have any questions, please contact the occupational therapy department on 023 8079 4184.

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an interpreter or a version in large print,
Braille or on audio tape, please telephone
023 8079 4688 for help.**