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The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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## ***The Vicair Academy AllRounder Cushion (1 of 4)***

### **Why Do I need this equipment?**

Your injury means that you may easily develop pressure marks and ulcers. The Vicair Academy AllRounder must only be used as a temporary measure to protect your skin whilst out of your wheelchair and is not an alternative to your prescribed wheelchair cushion.

### **Your Vicair AllRounder 02.**



The Vicair AllRounder 02 is padded portable cushion with three straps and buckles to secure it to your bottom.

The main components of the Vicair AllRounder 02 are:

- Harness Base – with attached straps and removable mesh cushion.
- Mesh cushion – detachable from the Harness base by undoing the surrounding zipper.
- The mesh cushion is separated into five different compartments. Each compartment is made up of individual plastic pyramid shaped air pockets (Smart Cells), which sit on top of one another.
- Waist strap
- Leg straps

One strap is placed around each thigh, and the third strap is used to secure it around your waist.

The Vicair AllRounder 02 has been developed to protect your skin when doing out of wheelchair activities such as sailing, playing with your children on the floor or horse riding.

The Vicair AllRounder 02 can be used as a safe alternative if you require additional protection during driving or transferring over different height surfaces.

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**01722 429291**

## Getting a Vicair Academy Allrounder Cushion?

The AllRounder can only be purchased, and is not supplied by your local Wheelchair Services. Depending on your hip width three different sizes are available:

- Small 38cm / 15"
- Medium 38cm – 42.5cm / 15 – 16 <sup>3</sup>/<sub>4</sub>"
- Large 43 – 48cm / 17 <sup>1</sup>/<sub>4</sub> - 19"

It is recommended by the Spinal Centre that you are assessed by a Therapist or trained professional to ensure the Vicair AllRounder 02 is used correctly for your needs.

If you are unsure, please contact your local Therapist, the Pressure Clinic or the Outpatient Therapy Team.

You may be putting yourself at risk if you are not assessed for using the Vicair AllRounder 02 safely.

### Daily Checks

The Vicair AllRounder 02 requires minimal maintenance.

If someone else is doing this for you, you will need to tell them how to do it and make sure that they do it correctly.

- Always check the Vicair Allrounder 02 for signs of wear and tear, deterioration and loss of shape.
- Check the condition of the zippers on the Harness base and mesh cushion. If any of the zippers are damaged, do not use until the unit is replaced.
- Always replace worn or damaged covers. Replacement covers are available from the supplier of your cushion.
- Inspect the straps and buckles for signs of wear and tear.

A replacement Harness base can be purchased separately.

Using a faulty Vicair AllRounder 02 may lead to an accident.

### Using the cushion

Gently shake before using, to disperse the Smart cells around the sections.

Ensure the cushion is placed correctly on your seat area before securing the straps.

A padded extension at the back of the Harness base gives additional support and protection for the lower back.

The waist strap should be secured first to aid stability.

Do not fasten the waist strap or leg straps too tightly. This may cause a reduction of blood flow and / or discomfort.

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Do not use the Vicair AllRounder 02 for more than three hours. This will help to prevent the risk of pressure ulcers developing.

Do not use the equipment if you have visible skin marking on your seating area, as this may promote further skin breakdown. You should always check your skin for any pressure marks before and after using the Vicair AllRounder 02.

It is important that you continue to use your prescribed cushion on your wheelchair to protect your skin. If in doubt, contact the Pressure Clinic.

You are advised not to store items under, or inside your Vicair AllRounder 02 as this could create a higher seating pressure, and lead to pressure marks or ulcers. Sharp objects may damage the protective cover.

Unless advised to do so, do not add or remove the Smart cells from the Vicair AllRounder 02 as this will increase the risk of skin breakdown.

Because each smart cell is filled with air, the Vicair Allrounder 02 may behave differently when used at high altitude; for example when used in an aeroplane.

In such situations, the cushion's firmness can be adjusted by temporarily removing a few cells from each compartment.

After landing, the smart cells must be reinserted back into the appropriate compartments.

This should only be done after consulting your cushion supplier or the Pressure Clinic for advice on safe removal of smart cells before your departure date.

The maximum user weight of this cushion is: 100kg / 220.5lbs.

Your skin can be badly damaged if the cushion is not used properly.

For more information visit:

[https://vicair.com/wp-content/uploads/2017/09/Vicair-AllRounder-02-Quick-Installation-Guide-070120-REV08-2017\\_WT-LR.pdf](https://vicair.com/wp-content/uploads/2017/09/Vicair-AllRounder-02-Quick-Installation-Guide-070120-REV08-2017_WT-LR.pdf)

Every three months, check the product for wear and deflated cells.

In case of serious damage, or a large number of deflated cells, do not use the product.

No latex has been used in making this product.

## **Cleaning your cushion**

The Vicair AllRounder 02 is machine washable without removing the mesh cushion from the harness base or any of the Smart Cells.

Washing instructions are on the label.

Close the waist strap and leg straps before placing into a washing machine.

The Vicair AllRounder 02 can be machine washed on a gentle 60°C wash cycle. Do not use bleach or abrasive cleaners. Drip dry only. Do not tumble dry.

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If the covers become soiled due to incontinence, clean the Vicair AllRounder O2 as instructed above. Preferably use an antibacterial detergent.

After cleaning spray the Vicair AllRounder O2 with a disinfectant.

Bend the compartments outwards to make sure the spray gets into the gaps

Do not steam clean or autoclave the product. The product cannot withstand excessive heat or pressure.

Never use bleach, alcohol products or oil based lotions to clean any parts of your cushion, as they can damage it.

Dry the cushion in open air. Do not place it in direct sunlight or in front of fires, radiators or heaters. The Allrounder O2 needs 5 to 6 hours drying time and must be fully dried before reusing.

## **Skin.**

You should check your skin for any skin damage before getting into your wheelchair and on going back to bed. When in bed, if you have any red or pink marks on your skin, you will need to relieve pressure from the area until the mark has completely faded. If the mark is still there after 30 minutes, please contact the Pressure Clinic for advice.

New cushions are firmer than older ones, so you need to check you skin as often as possible when you get a new one.

## **Life expectancy of the cushion and how to replace it.**

The Vicair AllRounder O2 should last between 24 - 36 months, but this can vary depending on your weight, regular cleaning and how much you use it.

It is guaranteed for 2 years from manufacturing defects.

For details of how you can replace your Vicair AllRounder O2 or cover, contact your local Therapist or the staff at the Pressure Clinic / Outpatient Therapy Team.

## **How can Pressure Clinic help?**

We are available by telephone for advice, and you will also attend the Pressure Clinic during your Outpatient appointment to see your Consultant. Additional appointments can also be made for you to be seen in the Pressure Clinic should you so wish.

We can be contacted for addresses and telephone numbers of local wheelchair services, sales representatives for cushions, and for advice on any aspect of your pressure area care

Pressure Clinic – Telephone: 01722 429291

Outpatient Physiotherapy Department: 01722 429339

Please remember that this hand-out is only to be used as a guide and that each person needs to be individually assessed for a cushion. Once a cushion is prescribed it does not reduce the need for skin checking and continued assessment.

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