

What is an air cushion?

- An air cushion is a round or wedge-shaped seat that can be inflated.
- Air cushions are designed to provide movement while seated and are available in different sizes and styles.



What student would benefit from using an air cushion?

- Students who are active and have difficulty sitting still (e.g. frequently moving, getting up, rocking in their chair or fidgeting)
- Students who have poor, slouched posture when sitting due to decreased core strength or low/high energy

What are the benefits of using an air cushion?

- Improved posture when sitting
- Ability to sit for an extended length of time
- Improved engagement in seated tasks

Why do air cushions work?

- The small movements experienced when sitting on an air cushion provide the body with sensory input that may be organizing to the nervous system.
- They provide movement so a student might not get in and out of their seat as often and are able to focus more on the lesson or activity.

How and when can air cushions be used?

- Cushions are typically used on a chair but may also be used on the floor.
- Consider using cushions for short periods throughout the day, when increased attention is required.



Other tips:

- Air cushions should be inspected regularly to ensure the plug is in correctly and the air pressure is adequate.
- To test the air pressure, push both hands together on either side of the cushion and some air movement should be felt (if hands touch, the air cushion is under-inflated; if hands cannot be squeezed, it is over-inflated).
- Students are able to sit on either the bumpy or smooth side of the cushion.
- If the cushion is a wedge, the narrow edge should be closest to their knees.
- Students should be able to touch their feet to the floor while sitting on the air cushion.
- Position the desk height so that it is appropriate with and without the cushion (approximately 2 inches above their elbow when seated).

Where can you buy air cushions?

- There are several Canadian companies that sell air cushions.
- Ask your Occupational Therapist for details or to try an air cushion.
- Check the resources available at your school.