

# Ride<sup>®</sup> Quick\* Fitting Guide for Java<sup>®</sup> and Custom 2 Cushions

1. Install cushion on wheelchair.
2. Perform a baseline skin check.
3. Transfer onto and position correctly on the cushion.  
Greater trochanters (hip bones) should line up with the relief contour on the sides of the cushion.
4. Evaluate and adjust off-loading.
  - Evaluate ischial tuberosity (IT, sit bone) position and clearance in the well with the Ride Gauge (detailed instructions in owner's manual) or by sliding a hand under the sitter through the perineal relief anteriorly (groin area) or the sacral relief posteriorly.

Use CAM<sup>®</sup> wedges as necessary to level (if indicated) and off-load ITs.
5. Install well inserts only if needed to address any report of discomfort.
6. Sit initially for 30 minutes, then perform a skin check. See skin check guidelines on reverse.

Other potential adjustments:

- Back support
- Foot support
- Medial and lateral thigh contours (Java Cushion only)

\*This quickstart fitting outline is not intended to replace the detailed instructions contained in Ride product owner's manuals. It is intended to serve as a review/checklist for trained and certified Ride providers. Please review the specific owner's manual for more detailed instructions, notes and warnings.



# Ride® Skin Check Protocol

The prescribed protocol for skin checks below is not unique to Ride Designs, and should be followed whenever any cushion is being fitted to an individual at risk for sitting-related pressure injuries.

Perform a baseline skin check.

Sit client initially for 30 minutes, then perform a skin check.

Any reddened area should fade within 10-30 minutes.

If skin inspections do not show red areas persisting more than 30 minutes, extend the length of sitting time gradually (half to one hour each period). Continue skin checks after each increased sitting time. Two to four hour periods are the general recommended maximum time in the sitting position.

Skin checks should be made no less than daily, even after skin tolerance is established. Continue to perform routine intermittent pressure relief techniques (either manual lifts or weight shifts using power tilt/recline) as advised by your healthcare professional.

Any redness that persists for greater than 30 minutes can be an indicator of pressure injury. Cease use of the Ride cushion until it can be properly reevaluated, adjusted, and determined safe by a certified Ride provider.

