

# Taking the measurements of my tailored stool

Find a flat surface to sit on

- ideally without a cushion
- high enough so that the feet should be slightly off the ground

You also need a meter, a few books and somebody willing to take the measurements

**Note in the chart below the measurements**

<b>Username</b>	
<b>User height in cm</b>	
<b>Seat width ( hip width + 3-5 cm)</b>	
<b>Seat depth in cm</b>	
<b>Seat height in cm</b>	
<b>Backrest height in cm</b>	

## Seat width

It should be wide enough for good weight distribution but not too wide to sit upright.



- 1- position blocks to the right and left of the hips
- 2- measure the distance between the two blocks.
- 3- Add between 3 and 5 cm to allow for thicker clothing.

## Seat depth

A correct measurement of the seat depth allows a better distribution of the weight on the whole seat, a better vascularization and consequently a greater comfort. It is important that the seat is not too deep so as not to press against the popliteal fossa, at the back of the knee, which would hinder the venous return.



1. Measure the distance from the back to the hollow place at the back of the knee (popliteal fossa)
2. Remove approximately 4 cm to measure the seating depth of the chair.

## Seat height

If it is too high the knees are in the air and the pressure is more important at the back of the seat ; the sitting position is quickly painful.

If the seat height is too low the feet are not placed on the floor and the user slides forward.



1. Wear slippers or your usual shoes
2. Put books under the feet so that
  - the front of the thigh is resting on the front of the seat (you must not be able to pass a hand)
  - the feet are no longer in the air
3. Measure the distance from the bottom of the heel to the seat