

## Sitting in a chair

### 3. Sitting in an upright chair with a back but no arms.

3 (a) Cannot sit comfortably. **15 points.**

3 (b) Cannot sit comfortably for more than ten minutes without having to move from the chair. **15 points.**

3 (c) Cannot sit comfortably for more than 30 minutes without having to move from the chair. **7 points.**

3 (d) Cannot sit comfortably for more than one hour without having to move from the chair. **3 points.**

3 (e) Cannot sit comfortably for more than two hours without having to move from the chair. **0 points.**

3 (f) No problem with sitting. **0 points.**

**Bear in mind:** this is about sitting in a very specific sort of chair: an upright chair with a back but no arms. A good example would be a dining chair. If you have piles, a sore anus or painful fistulas, it may be that you cannot sit comfortably at all. If you normally use a special cushion the test is how long you could sit without using the cushion.

**On your questionnaire,** you may want to write about:

what causes the problems with sitting, for example, stiffness in your limbs, piles, a sore anus, fistulas;

what sort of chairs you normally sit on and whether you generally avoid using an upright chair with a back but no arms;

whether you generally lie on a sofa rather than sitting;

whether you have any special cushions, rings or anything else to ease your discomfort – your ability to sit without these is what counts.

### **If you have a medical**

The doctor may ask about things like:

- what programmes you watch on television and what type of chair you use;
- other leisure or social activities, e.g.: listening to the radio; using a computer; sitting in a friend's house; pub or restaurant; reading; knitting;
- how long you sit at mealtimes;
- how long you can spend traveling in cars, buses or planes including holiday trips.

**The doctor may observe** how you sit at the medical: if you sit still without obvious discomfort for say 20 minutes, the doctor may say that you could clearly have sat for much longer.

### **Assumption alert!**

The doctor is likely to ask you what TV programmes you watch. If you say you watch films, for example, the doctor may assume you can sit for at least 90 minutes. Or if you say you watch Coronation Street the doctor may assume you can sit for at least 30 minutes. So make sure, even if you're not asked, that you tell the doctor if you have to get up during programmes, what sort of chair you sit in, whether it has arms or special cushions or whether you lie on the sofa.

If you say you have been on holiday, perhaps driving from London to Cornwall, the doctor may assume that you can sit for at least three hours. Make sure that, if you do mention any

especially long trips, you also make it clear if you had breaks, stood up and walked up and down on the plane or train, etc.

The waiting room will be equipped with upright chairs with backs but no arms. The time you arrived will have been noted and the doctor may assume, without ever asking, that if you were kept waiting for say half an hour, then you sat for that period. Don't expect to be asked, instead make a point of telling the doctor if you were unable to sit for the whole time.