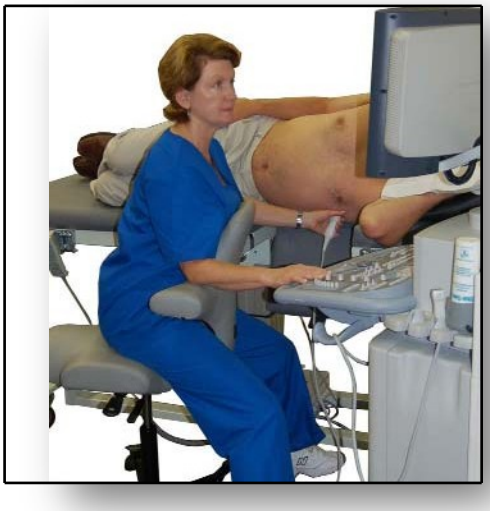
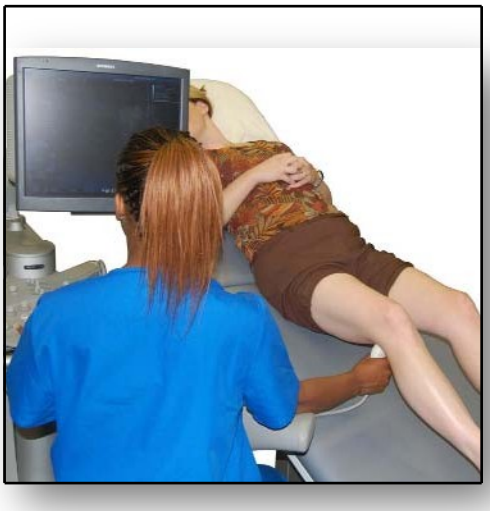
# The **HÅG** Capisco Chair



## Cardiac Sonography

**Support Elbow and Wrist When Applying Pressure**

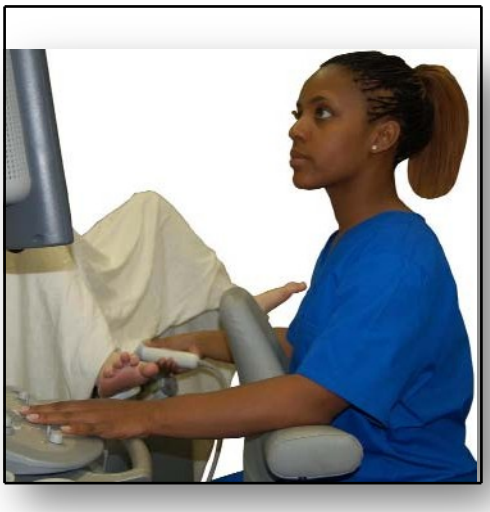
- By sitting in reverse on the HAG Capisco Chair, a sonographer is able to keep her wrist in a neutral position while scanning. Both elbows are supported using the cross-shaped back support[1]
- When additional pressure is required upward on the transducer for difficult images, the sonographer can use the elbow support for leverage[1]



## Vascular Sonography

**Sonographer Can Support Arm When Scanning**

- This position provides optimal ergonomic positioning and provides unhindered access to the areas to be scanned
- Sonographer can position the chair to support her arms, feet and back to remain in a neutral and safe position[1]
- The sonographer can support their arms on the ergonomic chair as they scan down the leg[1]



## General Sonography

**Close to Both Patient and Ultrasound System**

- Sitting in reverse, the sonographer can support her elbows and to keep her wrists in a neutral position[1]
- The control panel is positioned level to sonographer's head at a comfortable viewing distance and allows for sonographer to remain close to both patient and ultrasound system[1]

| Potential Applications |
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| Cardiac sonography – left and right handed Scanning |
| Vascular sonography – carotid and lower-limb scanning |
| General sonography – abdominal scanning |
| OB/GYN – transvaginal scanning |

| Benefits |
|---|
| Dynamic ergonomics: In the HÅG Capisco Chair sonographer can always feel balanced and poised, simply because the movement of the chair constantly adjusts to your body's shifting center of gravity. The chair is designed to follow your movements and satisfy your need to vary your sitting position. |
| Easy to adjust: One lever for seat height, another for seat depth. Back height is adjusted by the push of one button. Tilt tension and backward adjustments are under the seat. There is a lever for seat tilt/back support lockout. |
| Unique seat and back design: The seat is designed to support the forward dynamic sitting posture. The back is designed to support sitting in four directions. It's easy to adjust to your work situation and provides more flexibility. |
| Protects sonographers from career-ending injuries by improving procedure ergonomics, which is critical, since recent studies have revealed that 80% of sonographers are scanning in pain and 20% of those sonographers eventually experience a career-ending injury[1,2,3,4] |

| Features |
|---|
| Adjustable seat: Adjust the seat height according to the height of your work surface. Use the lever on the left-hand side with the lavender-colored marking. When sitting on the forward part of the seat you will not need any back support. If you want to use more of the seat in order to rest your back or maybe lean backwards, place your feet on the star base or on a HÅG StepUp™ |
| Adjustable back support: Back height is easily adjusted with the button on the rear of the back element. Press in and adjust the back element (up or down) to the desired height |
| Arm-rest: You can rest your arms on the back element arm-rests. |
| Movement resistance - The knob under the chair will alter movement resistance backwards. You can also sit on the chair sideways or back-to-front, but it is then wise to lock the chair in position (using the lever with the green marking) |
| Flexibility: You can support your weight without feeling you are going to tip forwards. When using the chair back-to-front some people find it easier if they shift the seat slightly away from the back. Use the lever on the left-hand side with the yellow marking. |
| Five star base: The chair provides an extra support level for your feet which encourages movement, variation and increased blood circulation |

References
1. Bremer, Merri L., et al: Sonography Ergonomic Guidelines, 2008.
2. Industry Standards for the Prevention of Work-Related Musculoskeletal Disorders in Sonography, Developed through a consensus conference hosted by Society of Diagnostic Medical Sonography May 2003.
3. Merton, Daniel, MSIs: Addressing a Real Pain in the Neck for Today's Sonographers, ADVANCE for Radiologic Science Professionals, July, 2000.
4. Wihlidal, L.M., Kumar, S.: An Injury Profile of Practicing Diagnostic Medical Sonographers in Alberta, International Journal of Industrial Ergonomics, 1996.

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