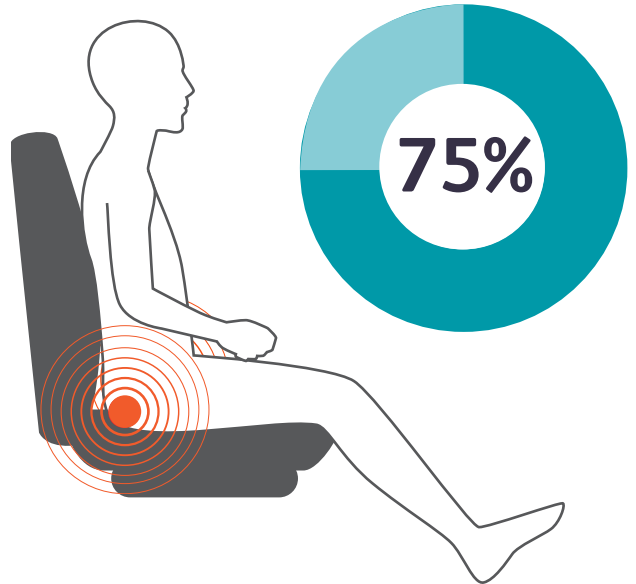


# Sitting and Pressure Ulcers

During sitting, Trumble (1930) estimated that as much as 75% of body weight is taken through just 8% of body surface area, with peak pressures predominantly taken through the ischial tuberosities, which have the lowest point of contact with a seat.

Source: Nursing Times, 2009.

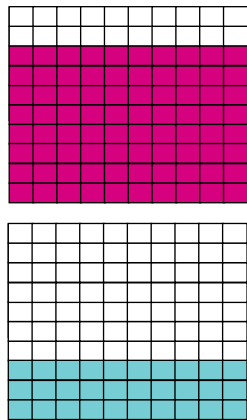


## INJURY

**Up to 80%** of individuals with Spinal Cord Injury will have a pressure ulcer during their lifetime,

**Up to 30%** will have more than one pressure ulcer.

United Spinal Association, 2015.



## COST

Pressure ulcer costs in the UK reach an estimated...

**£2.1bn** annually.

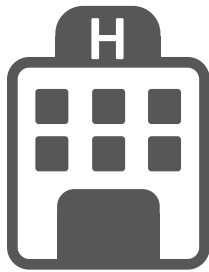


Source: Nursing Times, 2009.

## LOCATION

**Up to 14%**

of hospital inpatients develop pressure ulcers.



NHS, 2016.

## DEVELOPMENT

It's estimated that just under **half a million people in the UK** will develop at least one pressure ulcer in **any given year**.



theBMJ, 2006.

## INDIVIDUAL

**Elderly people** are the most likely group to have pressure ulcers; this is especially true for those **older than 70**.



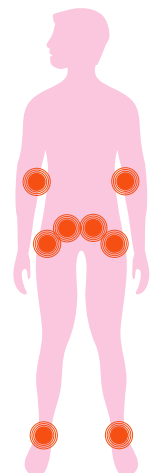
**70+**

theBMJ, 2006.

## PRESSURE ULCER POINTS

The most common pressure ulcer points occur at the:

- Sacrum
- Heels
- Ischial tuberosities
- Ankles
- Elbows
- Hips



tv.org.uk, 2010.