Close the valve by turning the valve clockwise. This will ensure that approximately 1.5cm of air remains between the patient and the base of the cushion thus avoiding “bottoming out”. The patient will now be "immersed" in the cushion, not on it.

Hand-test the cushion regularly to ensure that the correct adjustment is maintained. This can be done by ensuring the same number of cells can be compressed each time.

Cushion Maintenance

Use soapy water with a soft brush or micro-fibre glove.

A ROHO® can be cleaned effectively by placing the cushion over the side of a surface and cleaning in-between the rows of individual cells in turn. Use warm soapy water with a soft brush or a micro-fibre glove.

The process should then be repeated in columns and this will ensure the cushion remains hygienic.

What are pressure ulcers?

A Pressure ulcer is an area of localised damage to the skin and underlying tissue caused by pressure, shear, friction and or a combination of these.

Pressure is when the weight of the body is pressing down on the skin.

Shear is when layers of skin are forced to slide over one another for example when you slide down or are pulled up a bed or chair.

Friction is the rubbing of the skin.

ROHO® specialises in relieving this pressure

There is a dedicated website to pressure ulcer prevention which is supported by Health Care professionals : www.your-turn.org.uk

Sumed International (UK) Ltd www.sumed.co.uk are the UK Distributors of ROHO® products.

If you would like this information in other formats or languages please call 01905 760020 or email pct.communications@worcestershire.nhs.uk
**What is a ROHO®?**

A ROHO® is a soft, flexible pressure relieving cushion of interconnected air cells made from Neoprene; which is a hypo-allergenic synthetic rubber.

- ROHO® cushions are suitable for patients from medium to very high risk.
- They are fully therapeutic & proven to aid the healing of pressure ulcers.
- Products are adjustable to provide a customized fit to a patient’s sitting or lying shape.
- As an individual's body shape changes, the cushion adjusts to facilitate blood flow.
- Cushions constantly adjust to a patient’s body movement.
- ROHO® cushions have no maximum weight limit.

**How does a ROHO® Work?**

**Principle I**

**Six Degrees of Freedom**

Allows the cushion to track with the client. Decreases friction and shear.

**Principle II**

**Constant Restoring Forces**

Provides floatation and constant pressure independent of time.

**Principle III**

**Low Surface Tension**

Allows immersion and envelopment. Decreases tissue deformation during immersion.

**Principle IV**

**Low Friction & Shear**

Neoprene is treated to reduce friction. Small individual cells reduce shearing.

**6 simple steps to successful adjustment of ROHO® cushions**

**Over-inflate** the cushion.

**Position** the patient as far back in the cushion as possible in a normal sitting position.

**Locate** the patient’s lowest bony prominence by sliding your hand, palm-side down, between the buttocks and the cushion.

**Release the valve** by turning it anticlockwise, with your hand still in position, to deflate the cushion until you can barely move your fingertips between the patient and the base of the cushion.

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