

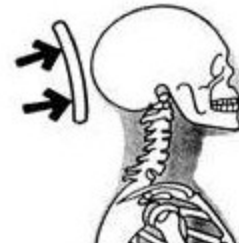
## On the Technical Side... *Neckrolls*



*Karl J. Marion, MS, CIE, CPE*

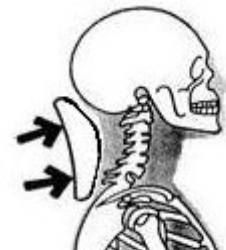
The term “neckroll” has been mistakenly identified with the concept of a headrest, but let me assure you that a neckroll is not a headrest, nor is a headrest a neckroll - there are some dramatic differences between the two.

The headrest is designed to do just that – allow the head to rest back against it to provide support for the head. Typically, the headrest contacts the head at approximately mid-skull, or about where the most prominent point of the skull points out in the back of the head. This usually doesn’t happen when the person is seated normally in either the 90-90-90 or forward tilt/zero gravity postures in the seat – rather, it usually takes place when the person is leaning back and has a need for the additional support for the head to avoid fatiguing the neck muscles.



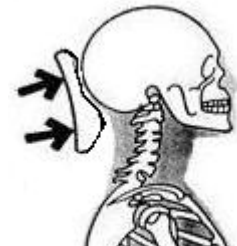
Positioning of a headrest

The neckroll, however, is designed to complement the cervical curve of the spine. The cervical curve is a lordotic curve in that it curves inward toward the body, as opposed to a kyphotic curve (such as the thoracic curve of the spine), which curves outward away from the body. The neckroll is designed to provide support for the neck at the 90-90-90 and forward tilt/zero gravity postures as well as the recline.



Positioning of a neckroll

Unfortunately, even with the adjustability of the fore-aft neckroll there are times that the fore-aft neckroll just won’t position at the right place for the person, whether they are shorter statured, or too tall, or they have a spinal deformity such as a dowager’s hump that causes their necks to protrude forward. In that case, the fixed neckroll and neckroll post may be of benefit for the individual.



Positioning of the fore-aft neckroll

The standard post for the fixed neckroll is one inch forward of zero degrees, with the zero degree (straight) neckroll being a no-cost option. Other posts typically available as a custom option are the reverse angle post (1” back from zero), the 1.5” forward, 2.0” forward, and 3.0” forward of zero degrees. The custom options do incur an upcharge to cover the costs of producing the custom bend.

The means of determining which neckroll post to select is fairly easy – start with the neckroll on the standard 1” forward post... see if the neckroll would complement the cervical curve with the person sitting upright in the chair. If the neckroll is not far enough forward, measure the distance from the front edge of the neckroll to the person’s cervical curve. That distance will give you an idea of what post to select (i.e., add that measurement to the 1” forward to get a custom measurement). If the neckroll on the 1”

forward post is too far forward, then change to the zero degree (straight) neckroll post and see whether that would work for the individual. If it still protrudes too far, then the reverse angle post would be specified.

If the person's neck spacing falls between two of the posts, then a quick field adjustment may be helpful. There should be black plastic spacers that run about a quarter of an inch in thickness in your tool kit – those spacers can be used to increase the distance between the neckroll and the neckroll post. Of course, you have to make sure that the screws you use to attach the neckroll to the post are long enough to accommodate the spacers used. You should not use more than three spacers on each side (if you need more, then you should go up to the next neckroll post instead of using spacers).

There are indeed situations where the three inch forward neckroll post does fit the individual, but they have quite the forward displacement of the head.

If you don't have those black plastic spacers in your tool kit, simply order some from your Customer Service representative. Those little spacers are a key in transforming a chair from something that doesn't work for the individual to a truly custom fit chair – and makes you as the rep as a hero! Happy fitting, and good selling!