

Rotary Continuous Passive Motion or RCPM System for the Fitform range

The most recent technological application that has been incorporated in the Fitform chairs is RCPM. It is the ultimate solution for people suffering from backaches. Scientific research has shown that it can substantially reduce problems in the lower back and in some cases even prevent them.

Passive motion

RCPM stands for Rotary Continuous Passive Motion. The seat of a RCPM Fitform chair rotates slightly three to five times per minute (0.8° both to the right and to the left), while the backrest remains immobile. The rotary motion is actuated by an electrical motor that is built into the seat. Passive motion means that the user himself does not have to do anything to set the rotary movement into motion. It will start as soon as the user sits down on the chair.

Unnoticeable movements

The hardly noticeable vibrations of RCPM ensure that the back is automatically kept in continuous motion. This will stimulate the metabolism between the intervertebral discs, similar to walking or cycling. When combined with a well-supported sitting posture, RCPM will reduce backaches caused by sitting substantially. Swelling of the lower legs and feet as a result of prolonged sitting will also be reduced.

Immediate positive effects

Scientific studies have shown that longitudinal rotary motions are the least strenuous on the back – of all movements it makes. Virtually anyone can make these rotary back movements, irrespective of age and physical condition. The best results are achieved in people with disc degeneration (worn intervertebral discs), acute back troubles, chronic back troubles or so-called a-specific lower back complaints. People suffering from these problems usually benefit directly.

Warning: If back troubles are caused by pelvic instability or a broken vertebra, the use of RCPM is not recommended.

The rotary motion is most beneficial in an upright seated position in the Fitform chair. In the tilted position the system also has a positive effect. The additional benefit of the use of the RCPM system in a tilted position is that the total strain on the back is already reduced compared to an upright sitting position.

