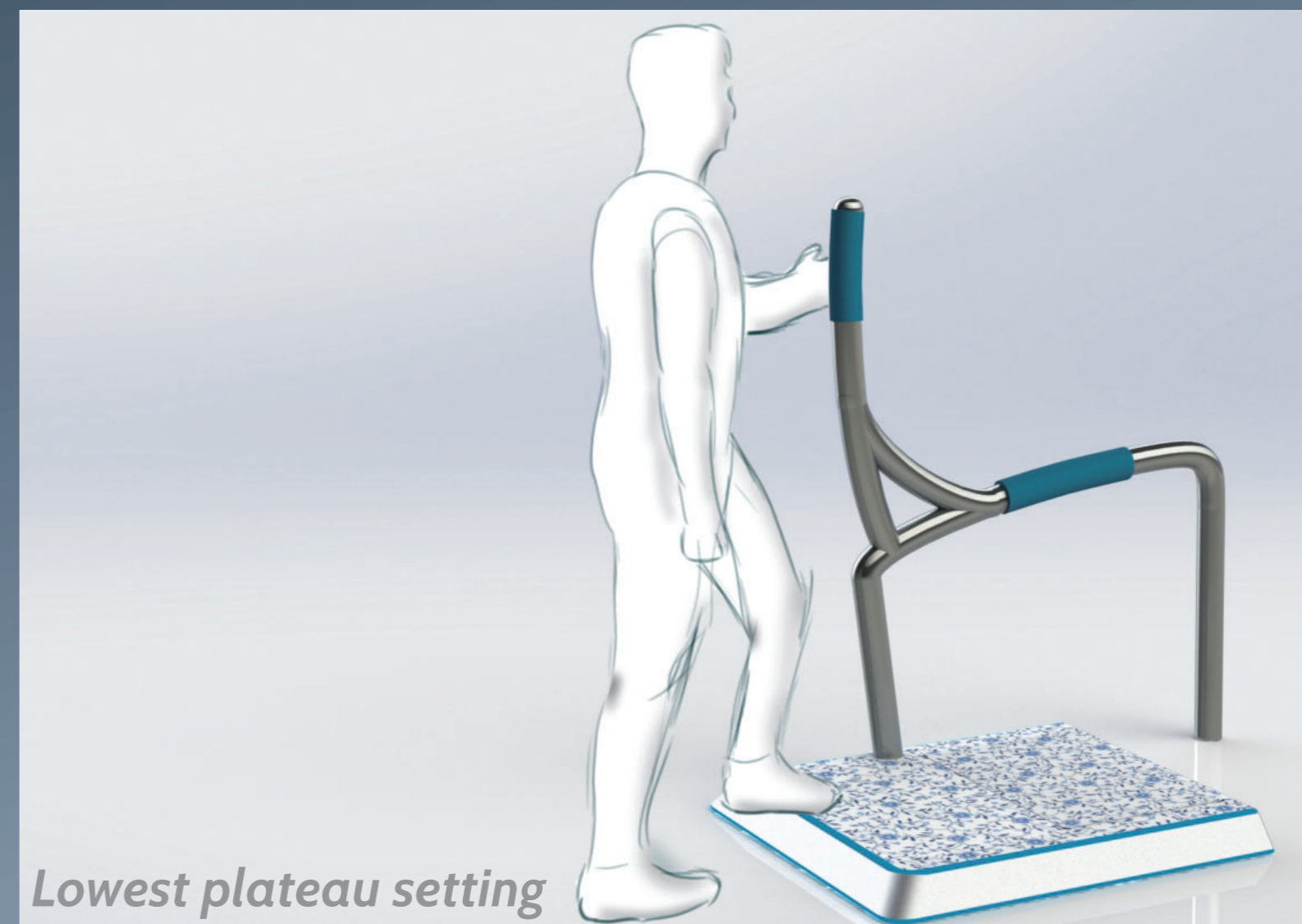


# Improving toilet posture

*EasyRaise: a design proposal for an adjustable toilet footrest*



*Proposed concept: the EasyRaise*



*Lowest plateau setting*



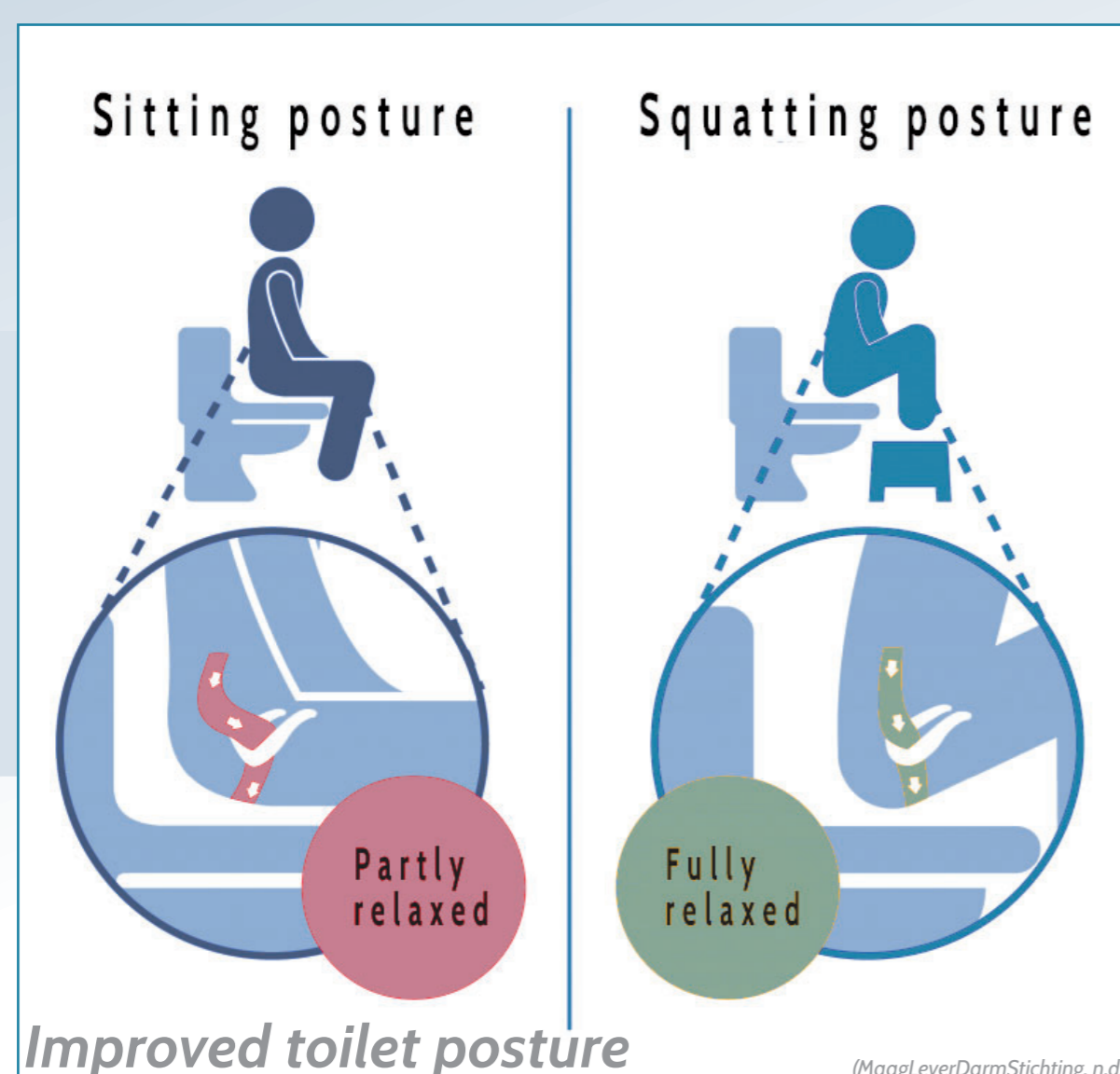
*Highest plateau setting*

## Problem definition

Using the toilet for urination and defecation is a familiar activity for everyone. However, discussing one's troubles with "going to the toilet" is frowned upon. Constipation complaints and urine retention are common, especially among the elderly. Such complaints can be countered by getting into the right body posture while sitting on the toilet. Raising your knees towards a squat-like posture helps to relax the pelvic floor muscles. When the pelvic floor is relaxed, especially the puborectalis muscle, excretion can take place more easily.

## Proposed solution

The proposed concept that provides a solution to the presented problem is the EasyRaise. The EasyRaise effortlessly raises the legs of the user, so more pelvic floor relaxation can occur. The platform in front of the toilet contains a smaller plateau that is vertically lifted by a scissor mechanism, controlled by the user with a hand remote. The hand support provides assistance while getting on and off the toilet, stepping onto the platform, and balancing while sitting with raised knees.



*In-toilet setting*

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Improving toilet posture: Design of an adjustable  
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