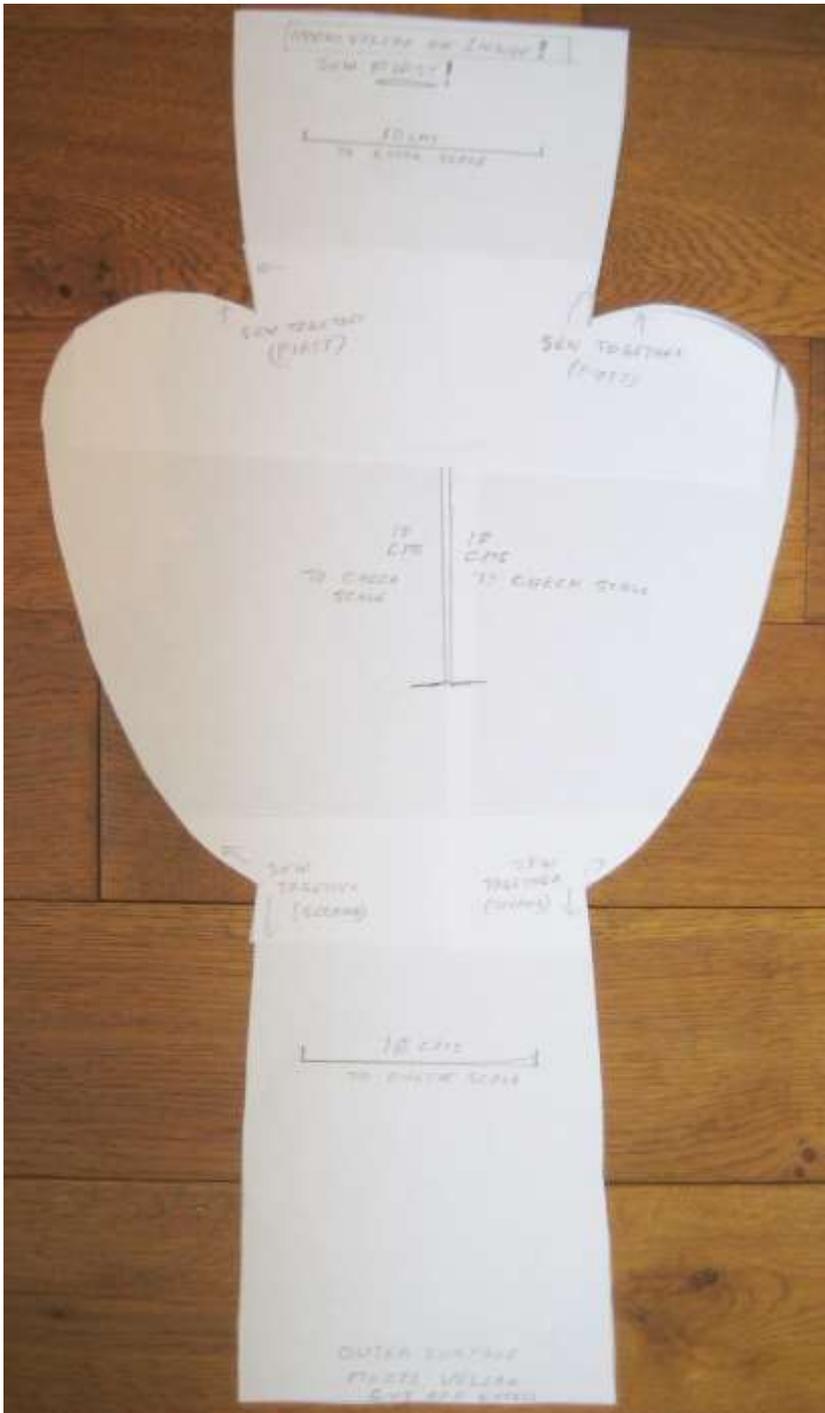


How to make a Pair of Pelvic Supports for a Car seat

First; The fabric patern.

Print the following four pages. Cut out the pictures and assemble them as shown in this picture. They should obviously be more symmetrical than they look in this picture!



If printed on A4 paper the patterns should be full size but check with a 10 cm scale on each.

This gives the fabric pattern to be cut and sewn.

If you have managed to get fabric that velcro sticks to, then use just the hook part of velcro to close the bump after the foam is inserted.

If not, you might try sewing the velcro loops part on but it will be difficult to get it in the right place! Maybe just forget the velcro and close the bump by hand-sewing after you have inserted the foam.

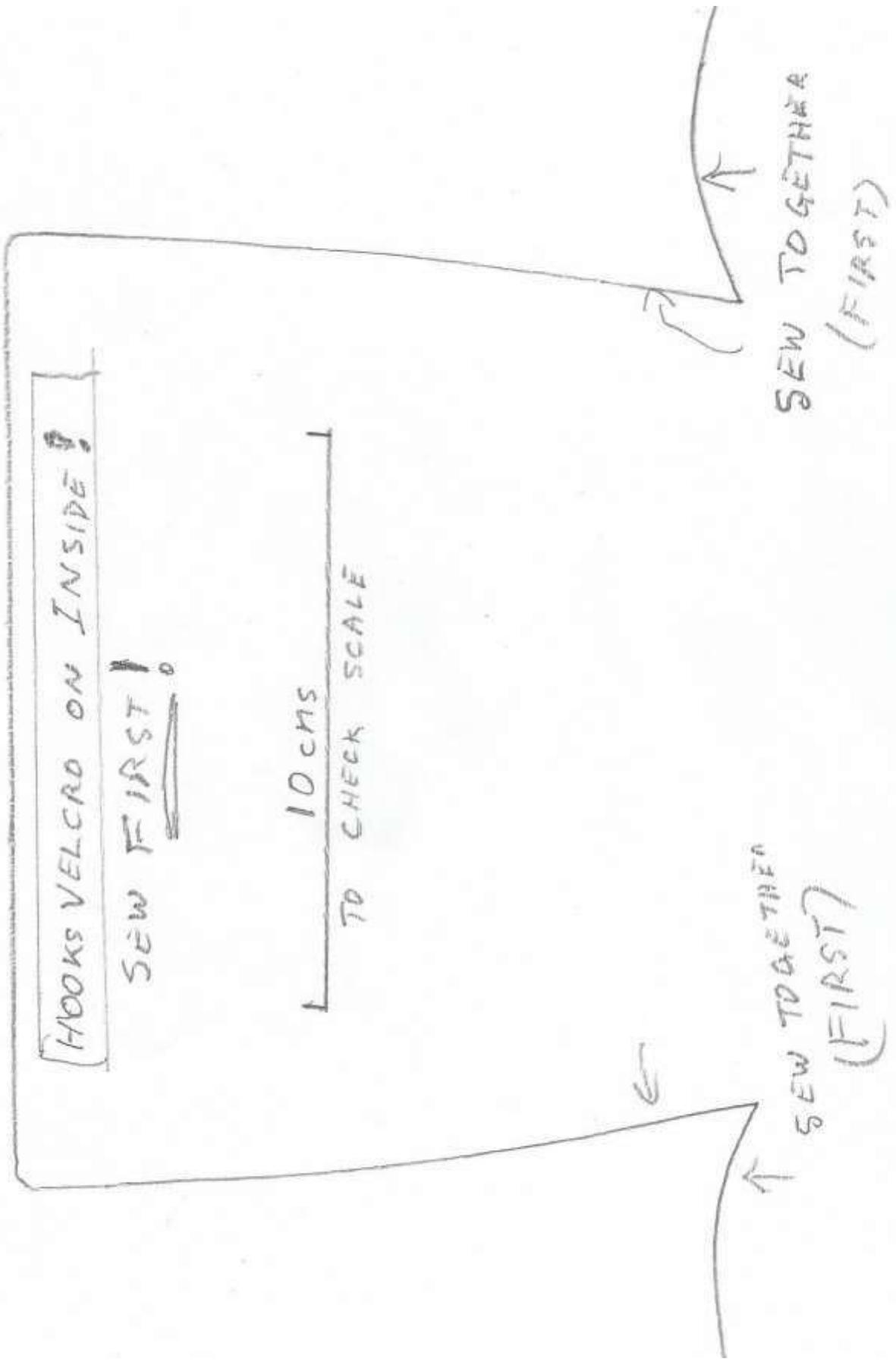
HOOKS VELCRO ON INSIDE!

SEW FIRST!

10 CMS
TO CHECK SCALE

SEW TOGETHER
(FIRST)

SEW TOGETHER
(FIRST)

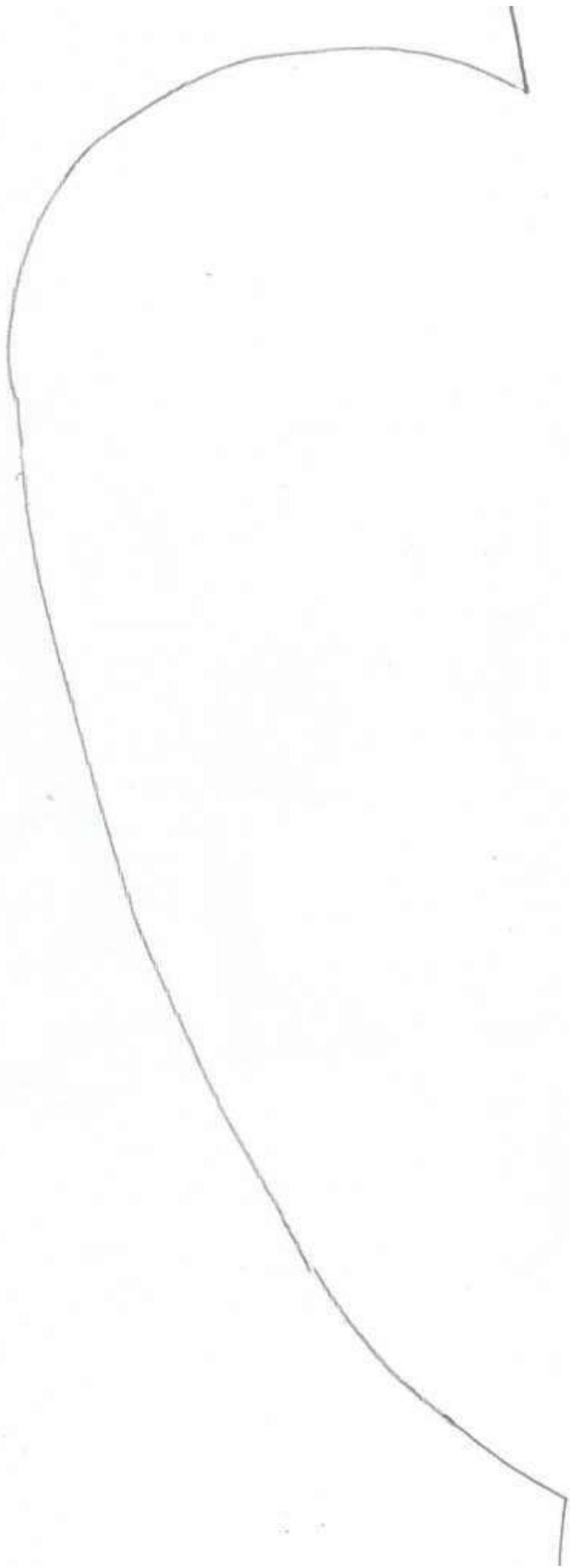


SEW
TOGETHER
(SECOND)

SEW
TOGETHER
(SECOND)

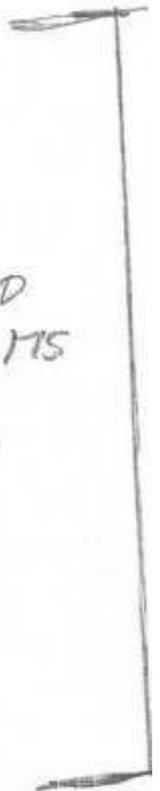
10 CMS
TO CHECK SCALE

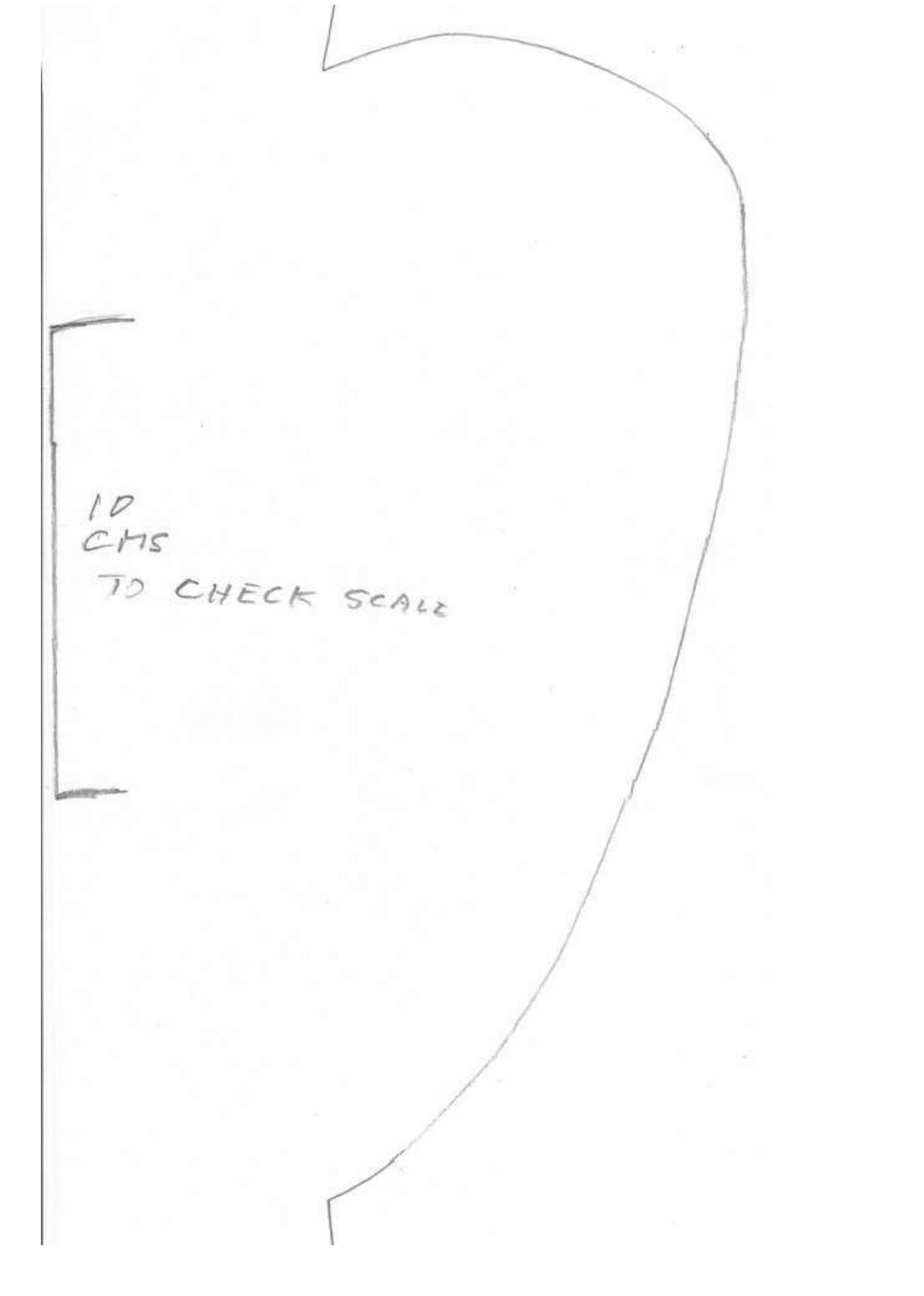
OUTER SURFACE
MEETS VELCRO
CUT OFF EXCESS



10
CMS

TO CHECK
SCALE





A hand-drawn diagram of a curved shape, possibly a cross-section of a dome or a similar structure. The shape is bounded on the left by a vertical line and on the top and bottom by curved lines that meet at the top and bottom. A vertical dimension line is drawn on the left side, with horizontal tick marks at the top and bottom. The text '10 CMS' is written next to this dimension line.

10
CMS

TO CHECK SCALE



The Foam.

Next, we need to make the foam bumps. They need to be cut from a 5 inch foam cushion. Foam hardness is a confusing subject but I suggest you start by buying a 5inch block of HR40 foam. You may decide later you want harder foam such as HR50.

You may only be able to buy a small cushion but if poss get a piece 12inch x 6 inch x 5 inch and there will be minimal waste.

Two of these will cut nicely from a block 12inch by 6 inch.

An electric carving knife cuts foam really well but if you haven't got one it is difficult! Mark both the top and bottom surfaces with the pattern before cutting and check both ends frequently while cutting.

Now all you have to do is to stuff the foam into the cushions you have sewn!

Note that the curved surface of the foam bump lies along the seam of the sewing. The foam goes into the sewn fabric thinner end first. Good luck!

Some more pix on next page!

Everything Ready for Stuffing



Note; the covers are inside out ready to be to be stuffed with the two types of foam shown here; Softer, HR40, and harder foam.



This shows how the foam is inserted into the sewn cover, (which is inside out.) The sewn seams run along the curved edges of the foam.



Almost there!



Cuts can be made at the sides of the “flap” of cover that the Velcro will stick to so that it’s easier to stuff the foam in!



All closed! You can of course hand sew to close the bump instead of using Velcro. Velcro hooks will stick to some materials but not others.



All finished. Note that the seams are along the curved, back edges of the “bump” which are curved to match the car seat. The flat front matches the side of the pelvis well.

[Return to Bumps](#)