

# Maybe It is Just Me – The AirVolution™ Seat Plus a Solution, Version 1.1

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When I paddle, I use my core muscles and my legs. While I alternate paddle blades, my butt slightly rocks on the seat bottom. This rocking motion plus the backward force causes a problem.



Before I board my kayak, the seatback is vertical, and the front edge of the seat bottom is lined up with the outside of the valve flange (red arrow).



After about 15 minutes of paddling, my butt has walked the seat bottom back a few inches. The front straps are still in tension, so the upper third of the seatback hasn't moved much. But the rear straps are now slack.

The result is that my back has no support below the front strap attachment points.

For a few days after my maiden voyage, my lower back muscles let me know they weren't happy.

Fortunately, the fix wasn't complicated.

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I have made three changes to the seat. None permanently modify it.

First, I reconfigured the front straps. Rather than locking to the side buckles, the straps thread through these buckles (red arrows). I added a buckle in the center of the back to join their ends (blue arrow).



Second, I added a strap, with hooks, at the bottom of the seat. The hooks engage the front D-rings.



And, lastly, I made this frame from ½-inch schedule 40 PVC pipe.



When I sit in the seat, the force of my legs is countered by the two horizontal straps. My back is supported by the frame.

The modified seat feels fine. No more lower back muscles pain.

Since I did not permanently modify the seat, I can always put it back to the original configuration.

I welcome your comments and questions.

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