

choosing the right office chair

Choosing chairs for your office isn't just about finding something that is going to look stylish, it's about comfort too. At most, we can help you choose the right chair to meet your requirements.

armrests.

Armrest should allow you to get close to your work. Arms should rest comfortably on the armrest without slouching or hunching your shoulders.



height.

A chair too high puts pressure behind your knees and can limit blood circulation. A chair too low causes your body weight to shift back, putting pressure on the lower spine. Feet should be flat on the floor, thighs should be parallel to the floor and forearms should be parallel to the desk.



lumbar support.

Good lumbar support reduces lower back pain. Sitting correctly allows oxygen to move to your muscles and increases blood flow to the brain. Helping keep you focused and energized.



reclining.

This will reduce pressure on your spine and tail bone. It also allows you to change positions throughout the day.

depth.

An adjustable seat depth allows you to slide forward or back to accommodate your leg length. Improper depth can cause strain on your legs and back. You should have a 3-4 fingers width distance between the back of your knees and edge of the seat.

most.