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Importance of Office Chairs by Mike Harley

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Are you unable to accomplish your day-to-day works successfully? Time to pay more attention to your seating posture; because poor seating posture causes a wide range of health problems including back pain, spine related problems, fatigue, respiratory problem, stress, anxiety and much more. Low back pain that arise due to improper seating posture can trigger stress and other mental disorders which can ultimately affect your working performance.

When itâ€™s up to seating posture, you must first check out your office chairâ€™s features properly since rigid and uncomfortable office chairs are mainly responsible for causing low back pain. Joint pains that are caused to improper seating posture must be resolved within a short span of time, because low back pain and spine problems can become severe if left unchecked. Standing is a good posture which helps the body to distribute the weight equally, but itâ€™s not possible to work for long hours without sitting.

It is estimated that nearly 75% of work is performed by sitting, so it is important to maintain a proper seating posture while sitting. During poor seating the whole weight of the body are distributed in the lumbar region of the spine and ultimately increases the pressure in the lumbar disc. Usually, 45% of pressure is applied on the lumbar disc due to poor seating and when people lean towards the computer the pressure gets increased to around 85%. Hence, it is important to find an office chair that has advanced ergonomic features.

Why ergonomic office chairs are important?

Office chairs with ergonomic features offers support to important regions of the body including spine, leg, feet, neck, shoulder and lumbar region. Ergonomic office chairs consist of ergonomic features including adjustable height, lumbar back support, armrest, backrest, high quality seating material, comfortable seat depth and width and more. All these features are necessary to offer a complete support to vital regions of the body.

Height adjustment is necessary to adjust the height of the office chair according to userâ€™s height so that the feet can reside on the floor properly. Lumbar back support feature offers support to lumbar region, thus reducing the pressure exerted on the lumbar disc. Armrest offers proper support for the arms and shoulders. Backrest provides support the spine, neck and shoulder region effectively. All these ergonomic features helps to distribute the whole weight of the body to different regions such as legs, feet, arm and low back equally and reduces the disc pressure effectively.

Modern computer chairs are specifically designed with ergonomic features for professionals who are spending several hours in front of a computer. So, choose the office chairs according to your profession and start to improve the business productivity.

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a Computer chairs are specifically designed with ergonomic features for professionals who are spending several hours in front of a computer. The author is an expert in the office chairs arena and has written many articles regarding a big and tall chairs, drafting chairs, drafting stools and a heavy

duty chairs in the past.

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