# Types of Ergonomic Office Chairs

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A best way to avoid low back pain and other spine related problems is to be in a standing position, but it is not possible to work throughout the day in front of a computer by just standing. In the earlier days, people had time to relax during working hours, but now people are unable to make use of their leisure hours due to hectic working schedules. Hence, it is important to look for ergonomic office chairs that are designed to fit human body, allow flexible movements and with cognitive abilities.

Today, ergonomic office chairs are available in a wide range of models and features. Each variety of ergonomic chairs has its own unique features, outlook, design, inbuilt features, price and more. Therefore, it is important to know more about the latest ergonomic office chair varieties and its features to pick the best ergonomic office chairs. Moreover, most of the office chairs and computer chairs are labeled as ergonomic, so you need to examine the office chairâ€™s features carefully to pick the best one.

Some popular types of ergonomic office chairs are listed below:

Ergonomic computer chairs:

These chairs are specifically designed for professionals who spend several hours in front of a computer. Computer chairs are equipped with modern ergonomic adjustments to offer comfort and flexibility while working.

Ergonomic executive fabric chairs:

Ergonomic executive chairs are designed with advanced adjustable features and high quality seating materials. It is better to buy computer chairs for short term usage, because executive chairs are expensive.

Ergonomic drafting chairs:

Drafting chairs have an elongated base design and are used widely by professionals who need to work from elevated work surfaces. When you are choosing drafting chairs or stools, itâ€™s important to check the stability of the base because its elongated base might collapse when you make flexible movements.

Ergonomic task chairs:

These chairs are mainly used for short duration tasks. Usually, armrest options are not available in task chairs. It is used widely as ergonomic office chairs due to its cheap price.

Ergonomic big and tall office chairs:

Big and tall office chairs are increasing in demand due to its heavy duty construction with stronger frames, bases and cylinders. Usually, they are designed with larger proportioned seats and backrest cushions for greater comfort. Ergonomic adjustment features such as height adjustment, armrest and backrest are also available in big and tall office chairs.

These are some important types of ergonomic office chairs that are used widely to relieve from joint and back pain.

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a Ergonomic office chairs are designed with lumbar back support to offer comfort and support for the natural spine curve. The author has immense knowledge in the office chairs arena and has written many articles regarding a reception chairs and a guest chairs in the past.

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