

Ergonomic Chairs

1

Adjust the Chair Before Judging It

Many ergonomic chairs feel uncomfortable out of the box because they're in factory default settings. Take 10 minutes to set seat height, lumbar position, arm height, and tilt tension before deciding if the chair works.

2

Lumbar Should Fill the Curve, Not Push Against It

Correct lumbar support fills the inward curve of your lower back. If you feel the lumbar pushing your back forward, it's positioned too high. Adjust down until it supports without pushing.

3

Recline Slightly — 100 Degrees Is Better Than 90

Sitting perfectly upright at 90 degrees puts more spinal compression than reclining slightly. Set tilt tension to allow easy 100–105 degree recline and use it — your back will thank you.

4

Arms Should Support, Not Prop

Armrests should allow your shoulders to relax down, not prop your shoulders up. If your shoulders are elevated while using the arm rests, lower them. Arms too high is a common source of neck and shoulder tension.

5

Feet Flat on the Floor Is the Goal

If your feet dangle, the seat is too high — which cuts off thigh circulation. If you have to raise the seat to get feet flat and the desk gets too low, add a keyboard tray to bring the work surface to the right height.

6

Seat Depth Matters as Much as Back Support

A seat that's too deep forces you to slide forward, losing lumbar contact. A seat that's too shallow doesn't support your thighs. The 2"–4" gap behind your knees is the target — use a seat slider if the default doesn't work.

7

Test It for a Full Workday Before Deciding

30 minutes in a chair tells you almost nothing about all-day comfort. Plan to sit in any chair you're evaluating for a full 6–8 hour day before rating it. Initial impressions are often wrong.

8

Match Chair to Desk Height

Ergonomic chairs don't work independently of desk height. Set the chair correctly for your body, then confirm the desk height lets your forearms rest at a comfortable angle. If not, a keyboard tray or height-adjustable desk solves the mismatch.

9

Weight Rating Matters More Than You Think

Exceeding a chair's weight rating degrades mechanism performance faster, compresses foam sooner, and can cause premature wear in the base and casters. Always buy at least the next tier up if you're near the limit.

10

Replacement Cylinders Extend Chair Life Significantly

If a well-made ergonomic chair starts sinking (gas cylinder failure), a replacement cylinder costs \$20–\$40 and takes 10 minutes to install. Before replacing a good chair that's started sinking, check whether the cylinder is the culprit.