
Ergonomic Chairs

Q1. What's the most important feature in an ergonomic chair?

A: Adjustable lumbar support — height and firmness. Fixed lumbar at the wrong height does more harm than no lumbar at all. If you can only prioritize one adjustment, make it this one.

Q2. Mesh or upholstered — which should I choose?

A: Mesh for commercial all-day use. It breathes, doesn't need break-in time, and holds its shape better over years. Upholstered for executive offices where aesthetics come first and use is lighter.

Q3. What's a good price range for a quality ergonomic chair?

A: \$300–\$600 covers most commercial ergonomic needs reliably. Below \$300, adjustability often gets compromised. Above \$600, you're getting certified performance and premium materials — worth it for all-day users.

Q4. How do I know if the seat depth is right for me?

A: Sit fully back against the backrest. There should be 2"–4" of space between the seat edge and the back of your knees. If the seat is too deep, you'll slide forward to compensate (losing lumbar support). A seat slider or depth-adjustable model fixes this.

Q5. Do ergonomic chairs work for standing desks?

A: Sit-stand desks require chairs that adjust to match the desk's seated height — and potentially a tall stool for the standing height position. Most ergonomic chairs have a standard height range adequate for seated use. Verify the maximum seat height matches your sit-stand desk's seated position.
