Why You Need Ergonomic Office Chairs by Mike Harley

Article published on February 24th 2012 | Business

Poor seating posture can cause a wide range of health problems including back pain, spine misalignment, fatigue, stress, respiratory problems, neck pain and much more. Improper seating posture not just affects physically but mentally too. According to recent studies, people are most often unable to focus on their work due to low back pain that occur occasionally due to rigid and uncomfortable office chairs.

Low back pain and other spine related problems arise mainly due to improper distribution of body weight. When sitting usually more amount of body is transferred to the seat and some amount is distributed equally to all regions such as arm, back, leg and shoulder. When you are unable to place your feet on the floor, arms to the armrest and back to the lumbar back support, then ultimately your entire body weight gets transferred to low back and cause excessive low back pressures.

Reducing the lumbar disc pressure is the key to reduce low back pain. Itâ€™s not difficult to reduce the low back pain. A good seating design will completely eliminate the back pain by offering support to different regions of the body and helping to transfer the whole body weight equally. Usually, there are few effective ways in which lumbar disc pressure can be reduced considerably.

Designing ergonomic office chairs with proper lumbar back support can offer support to the natural spine curve and helps to reduce the pressure from lumbar disc within a short span of time. Incorporating armrest options in the ergonomic computer chairs will transfer some amount of weight to the arm, thus reducing the pressure considerably from the lumbar region. Height adjustment is another important feature using which people can adjust the office chair according to their height and place the feet properly in the floor. When the feet are placed on the floor then ultimately some amount of body weight will be distributed to feet and reduces the pressure from the lumbar disc.

Chairs with all these ergonomic features can reduce the back pain considerably. High quality ergonomic office chairs are designed with all these features and also offer many advanced flexible features like cushion, sliding ability, durability and much more. Due to its effective back pain relieving ability, ergonomic office chairs are becoming more and more popular throughout the world. Today, ergonomic office chairs are available in a wide range of variety from which people can choose the best one according to their expectation and budget.

Article Source:
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a Ergonomic office chairs are designed with advanced adjustable features to offer comfort and flexibility while working. The author has immense knowledge in the office chairs arena and has written many articles regarding a reception chairs and a leather office chairs in the past.

Article Keywords:
leather office chairs, ergonomic office chairs, executive office chairs, computer chairs, drafting chairs

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