

Choosing the right Easy Chair

Not all chairs are equal - how useful a chair will be to you depends how you plan to use it!

This sheet does not address the specific requirements of an office chair, but some of the same issues apply.

1. The best chair in the world will not work well if you don't use it properly.
2. All items have a limited life span, you may be incredibly comfortable in your collapsed leather Chesterfield, but if you are in agony as soon as you leave it...Time for a new chair.
3. Contrary to popular belief there is no ultimate uber-chair that guarantees a pain-free back. You should actually get up and move around and sit in a varied range of chairs to place varied stresses across your spine though out the day. This is part of the problem experienced by office workers and the elderly.

Further points to consider:

What are you doing in the chair?

- If you seat with your legs curled beneath you this will lead to problems over time.
- Are your chairs set up at an angle to the television so you are always twisting your spine in the same direction?

Now we have considered some of the general pitfalls now let us look at chairs themselves;

People have very different priorities, a young designer may wish to sit on a stool fashioned like a chromium-plated razor blade to prove a point. That may work for him, but for most people there is an interplay of comfort and style at some level, although as we get older adequate support and joint alignment become increasingly important.

Seat depth:

The fashion is for low backed couches with wide seats, these are not a problem if you are using them in a variety of ways; sitting, lying, slouching, but they are to be avoided if you have back issues.

Ideally the seat should be at a height so your knees are at right-angles to the floor, the depth of the seat should support the base of you back but not rub against the back of your knees.

On Recliners:

My general feeling is that both chairs and beds exist as separate items for good reason. Combining the two functions usually means compromise. If you want a snooze go and lie down.

Laying reclined may ease you back pain but it is also causing the blood to pool in your stomach, decreasing the effects of gravity on your colon.... There may be some conditions where raising the legs is desirable or where mobilizing is difficult, in these situations recliners can be a good solution

A = should be the same length as lower leg.

B= Should match thigh.

C= Should support neck.

