HINDMARSH AND FITZROY PHYSIOTHERAPY

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WHAT TO LOOK FOR WHEN LOOKING AT OFFICE CHAIRS FOR YOUR HOME

YOUR DESKS AND CHAIRS NEED TO BE ADJUSTABLE.

Your chair needs to be

Height adjustable — your chair height should allow for your thighs to pass underneath your desk. Your feetshould make full contact with the floor.

Those with shorter legs or taller desks may have to think about investing in a foot stool.

Adequate foot support means less pressure on the backs of your thighs and less effect on your lumbar spine.

Be an appropriate width — the seat pan can also come in various sizes.

Make sure the one you choose is big enough to evenly support the back of your legs. If the seat is too narrow, it will result in additional pressure on your outer thighs, especially if there are arm rests.

Have appropriate back support If you use a back rest, make sure it supports your mid back to mid shoulder blade at a minimum.

YOUR CHAIR SHOULD FIT YOUR WORKSTATION.

Make sure the width and height of your table can accommodate whatever you decide to buy. Importantly make sure any arm rests fit underneath the desk.

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ADDITIONAL CONSIDERATIONS

An Adjustable backrest tilt: It gives you the ability change the amount of inclination.

Like the seat in your car, a back that is slightly reclined from vertical position is ideal for supporting the upper back andreducing pressure on the low back during extended periods of sitting.

Adjustable pan depth: This gives you the ability to make the seat pan shallower or deeper.Being able to adjust pandepth has an effect on the distribution of pressure on the back of your thighs and also on your foot placement. If thepan is too shallow, your mid thigh will be toward the edge of the chair. Too deep and your knee will be on the edge butyour buttocks might not reach the back rest.

Ideally, when sitting comfortably against the back support, there should be a 3-4cm between the end of the chair and the back of the calf.

Adjusting the seat pan tilt: A flat seat is generally fine. Adding tilt changes pressure created by the hips and thighs. Aslight downward tilt at the front can make is easier to sit tall, but too much forward tilt can make you feel like you aresliding forward on the seat. It also helps maintain a Lx lordosis- good for people who's back prefer this position.

Arm rests are generally dependent on the workstation and your personal preferences.

If you like an arm rest check that you can rest your forearms on the arm rests and still comfortably reach your keyboard.Weight bear evenly through both arms without being inclined to laen to one side and set the rests to a height where theyprovide support without forcing you to shrug your shoulders. We find that adjustable arm rests are definitely better than fixed ones.

We hope these tips can help, by all means speak with us further .

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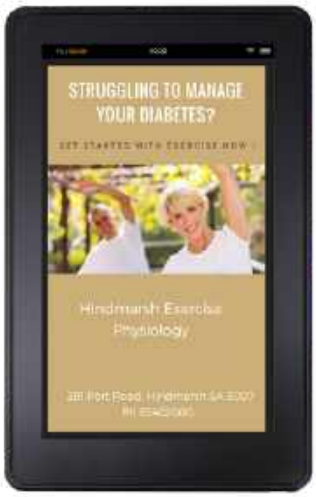
We are committed to supporting you and your familys' physiotherapy needs. Please reach out to our team if there is anything we can do.

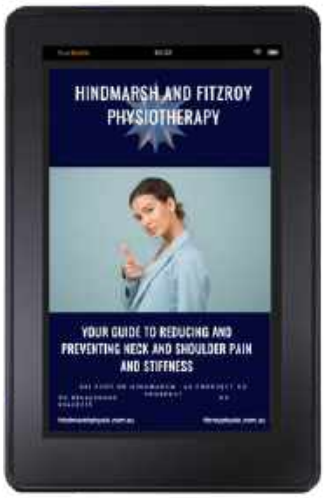
As Physios, we provide extensive education as part of our management and prevention programs, but realize not everyone can find the time or have the confidence to make an appointment. You are welcome to download these informative E-books that you may find useful to get you on your way.

OTHER RESOURCES



[EXERCISE FOR DIABETES]

[BACK PAIN GUIDE]



[NECK PAIN GUIDE]

To access our free E-book Resource just click the images above

You can call us on 83462000 at Hindmarsh and 83422233 for Fitzroy, Prospect or **CONTACT US ONLINE HERE** if you would like an appointment

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