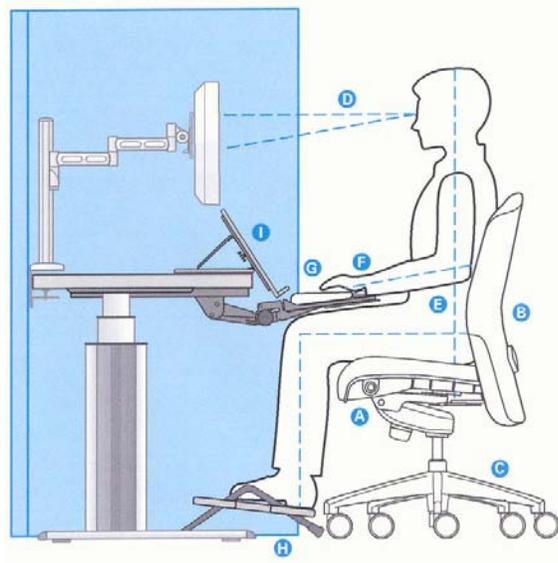


As a practicing Physical therapist at the Human Performance Center for the past 25 years and owner of ATTACHI Ergonomic Consulting & Injury Prevention for the past 11 years, I am frequently asked by patients and clients alike how do I choose a chair that will be comfortable, provide adequate support and be right for me!

Before I give you my top 5 chair picks there are 3 important factors to consider:

1. Your work surface height. Most standard work surfaces range between 29-30 inches in height. If you are using a keyboard tray or have an adjustable height work surface this gives you more flexibility regarding your chair choice.
2. The chair height range. Chair height range varies depending on the chair you choose. If you are 5'2" and sit at a 29 inch height work surface and don't want to use a keyboard tray it is very important you choose a chair that raises high enough to get your elbows to a height of 29" from the floor, when your shoulders are relaxed, otherwise your elbows will be lower than your work surface and you will expend extra energy using your neck and shoulder muscles to elevate your arms to the height of the work surface (I commonly see this). This can leave you with a stiff neck and shoulders at the end of the day. This can also leave you vulnerable to a common risk factor "Contact Stress" of your forearms compressing against the edge of the work surface leaving you vulnerable to "Carpel Tunnel Syndrome" due to compression of your forearm wrist flexor tendons becoming inflamed and irritating the median nerve. You will also need a footrest.
3. Your height. Very important. If you are between 5'8"-5'10" you are in luck as most office furniture was designed for you and most chairs raise to 19-20" thus enabling you to keep your feet on the floor and raise your chair height so your elbows are level with the work surface without needing a keyboard tray. If you are 5'2" and you sit at a standard height work surface you will most likely need a keyboard tray unless your chair raises to 22 or more inches in height.

The below photo that provides a general guideline of proper computer alignment:



Here are my top 5 chair picks . A good chair is like a good shoe. You may go to buy a pair of shoes and be given 5 different good quality shoes to try on, but only one feels comfortable to you. The same is true for chairs. When purchasing a new chair I recommend you try the chair out for at least 5 days before committing to a purchase. If you are willing to leave a credit card and can have the chair transported most companies will allow you to try a floor model of their chair for 5-7 days.

Important Chair Features To Consider:

- Adjustable chair height 18-20” range.
- Adjustable armrest height (height range from seat pan) 6-9”.
- Adjustable seat depth
- Adjustable seat tilt feature.
- Adjustable back rest up/down & forward/backward.

If your work surface is curvilinear (rounded) you will want armrests with a pivot/swivel feature or be able to lower the armrest below your work surface and use your work surface for upper extremity support.

1. The Steelcase Criterion:



bkm Total Office 2111 Portola, Suite A Ventura, CA	<b>Steelcase “Criterion”Mid-back</b> Features: Adj. arm height 5-10”, width & pivot, adj. seat tilt, adj. seat depth, adj. back rest up/down/forward/backward. (Chose up to a grade 3 fabric) Height range: 16 ½” - 21 ½”		Your Price: \$678.94	Bkm Total Office Ph 805-339-6392 Francie Tallant <a href="http://www.bkmoe.com">www.bkmoe.com</a> <a href="mailto:ftallant@bkmoe.com">ftallant@bkmoe.com</a>
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2. The ECD (Ergonomic Comfort Design)



<p><b>Smart Office Interiors</b></p>	<p><b>ECD 2500 Series</b>                  Height Standard Cylinder 19-24"                  Low cylinder 16-20.5"                  Medium cylinder 20-28"                  High cylinder 23-33"                  Seat pan 20" W x 19" Depth .                  Back up/down w angle adj. &amp; lumbar support.                  Euro pivot Arms up/down 5 ½" – 9 ½"                  w 360° swivel feature.                  Optional up/down/in-out arm 6-10"</p>	<p>Model # 2506 JSLP</p>	<p>List Price: 944.00</p> <p>Your Price: \$519.00</p>	<p>Smart Office Interiors                  18 Anacapa St.                  Santa Barbara, CA 93101                  Gilbert J. Regalado                  Robert McInerney                  Ph: 805-965-8585                  Fax: 965-5119  <a href="http://www.officesmart-sb.com">www.officesmart-sb.com</a></p>
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3. Herman Miller Aeron



<p>Tricounty Office Furniture</p>	<p><b>Herman Miller Aeron Chair</b>                  Fully adjustable arms with pivot feature, tilt limiter and seat angle, forward tilt, neutral and recumbant tilt, adjustable lumbar support.                  Height range:                  A size 14 3/8 -19 1/2"                  B size 15-20 7/8"</p>		<p>List Price:                  \$1389.00                  Your Price:                  \$839.00</p>	<p>Tricounties Office Furniture                  Furniture                  Jacqui Coleman Ext 100                  Lindy Graham Ext 115                  Ph: 564-4060, Fax:564-4042</p>
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4. Office Master Mesh Back Chair



<p><b>Smart Office Interiors</b></p>	<p><b>Office Master Chair YS72/KR200</b>                  High Back Chair w adj. arms 4 ½”-7 ½”.                  Backrest adjustable up/down &amp; forward backward, adj. seat tilt, adj. seat depth and adj. height to 18-22”.                  TEKNIT 503 Smoke</p>	<p>Model #                  YS72/KR200</p>	<p>Price:                  \$382.20</p>	<p>Smart Office Interiors                  18 Anacapa St.                  Santa Barbara, CA 93101                  Gilbert J. Regalado                  Robert McInerney                  Ph: 805-965-8585                  Fax: 965-5119  <a href="http://www.officesmart-sb.com">www.officesmart-sb.com</a></p>
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5. Office Master PT62



<b>Smart Office Interiors</b>	<b>Office Master PT 62 with KR200 arm</b> Pneumatic lift. Tilting backrest. EZ backheight adjustment. Rocking tilt. Seat tilt. Sliding seat. Forward tilting. Tension knob. 300 lb. Weight capacity. Height range 18"-23".	Model # PT 62 w KR200 arm	List Price: \$424.00 Your Price \$382.00	Smart Office Interiors 18 Anacapa St. Santa Barbara, CA 93101 Gilbert J. Regalado Robert McInerney Ph: 805-965-8585 Fax: 965-5119 gilbert@smartofficeinteriors.com
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Please note the discounted prices from list will be provided by telling the sales representative Diane Barrickman, PT, DPT recommended the chair. I do not received any kick back from the chairs recommended and instead request our patients and clients receive the discounted price.

If you have any further questions feel free to contact me at the Human Performance Center, or contact me directly at [Barrickman@ATTACHI.com](mailto:Barrickman@ATTACHI.com).