BENEFITS OF MASSAGE CHAIRS

Increases circulation, which allows the body to pump more oxygen and nutrients into tissues and vital organs.

Contributes to shorter labor, reduces the need for medication and aides in quicker recovery in pregnant women.

Stimulates the lymph system, the body's natural defense, against toxic invaders. For example, in breast cancer patients, massage has been shown to increase the cells that fight cancer.

Reduces post-operative adhesions and edema, as well as reduces and realigns scar tissue after healing has occurred.

Releases endorphins, the body's natural painkiller. For this reason, massage is incorporated in treatment for chronic illnesses, injury and recovery from surgery to control and relieve pain.

Relieves pain for migraine sufferers and decreases the need for medication.

Improves range of motion and decreases discomfort associated with lower back pain.

Reduces recovery time for strenuous workouts and eliminates subsequent risk of muscle strain.

Relaxes and softens injured and overused muscles.

Reduces muscle spasms and cramping.Increases joint flexibility.

OFFICE CHAIR ERGONOMICS

Movement is healthy. As we recline in our chairs, we stimulate blood flow and relieve the pressure on our spine. By reclining our chair only 20° degrees (from 90° to 110°) we can reduce the stress on our spinal discs by approximately 40 percent.

The arms represent approximately 10 percent of a person's total body weight, which can result in a considerable exertion of the muscles in the upper back, shoulders and neck. Arm positions held for extended durations — such as reaching out to a keyboard — can dramatically increase muscle fatigue.

AT MINIMUM:
synchronous recline with tension adjustment and lock settings

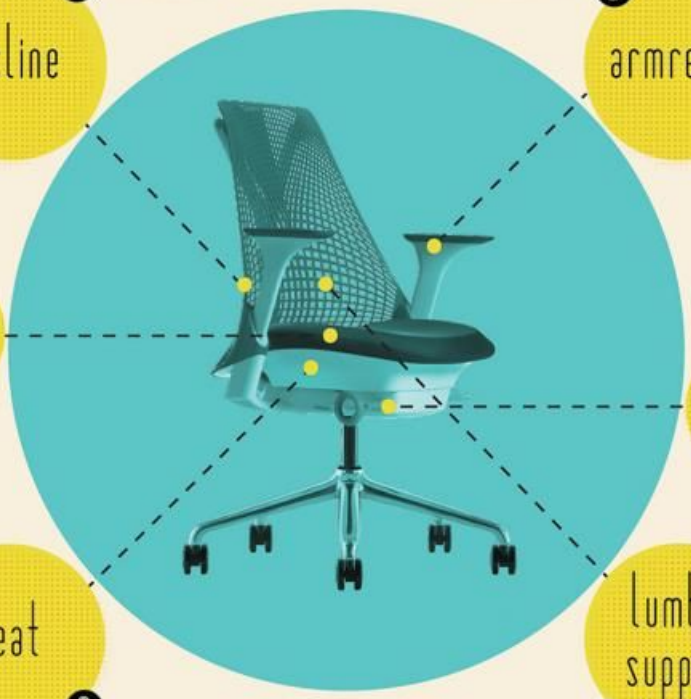
MOST DESIRABLE:
3-point pivot that allows the user to fine-tune the angle

AT MINIMUM:
vertically adjustable armrests with adequate padding

MOST DESIRABLE:
fully adjustable armrests that pivot, expand in width or have a 360-degree rotation

A recline

B armrests



In some cases, workers tend to sit on the front edge of the chair. This posture may increase ergonomic risks due to reduced support from the seat and back pan. A forward tilt of the seat pan can support this seating style while promoting a healthy spinal posture that relieves lower back pressure.

tilt

Intuitive design is essential to allow the user to get into a comfortable posture quickly and easily. Desirable control features include:

- Low hand and finger forces to operate
- Majority of adjustments are achievable while seated
- Control motions are intuitive and indicated by feel

controls

C seat

D lumbar support

AT MINIMUM:
2" depth adjustment
OR
5" depth adjustment

MOST DESIRABLE:
3" depth adjustment

AT MINIMUM:
appropriate lumbar support with at least one axis of adjustment

MOST DESIRABLE:
adjustable lumbar support, including the height of the support and the amount of support

It's been said that the shape of our spinal columns are as unique as our fingerprints. Our individual spinal length even varies by as much as 2 cm over the course of a day. The seat back plays a critical role in supporting the spine and must adjust to accommodate these differences. Asymmetric adjustable support is the best option, since research has indicated that nearly 75 percent of people tend to prefer more support on one side of their lower back than the other.

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