



ROBERT BATEMAN
DOCTOR OF CHIROPRACTIC

Ergo 24 Hour Mesh Office Chair

High Back Mesh Backrest

The high back keeps the lower and upper back supported to reduce the stress on the postural muscles making it easier to adopt and maintain a good posture while seated. This eases the tension in the spinal, shoulder and neck muscles reducing the strain. This helps the user to sit more comfortably while working and reduce the chance of RSI injuries.

Adjustable Lumbar Support

Allows the best support with the cushion making sure it is in the correct place to support more efficiently. It can be moved to provide as much or as little extra support that is required. This helps to prevent lower back injuries and increase comfort and reduce strain in those users with pre-existing injuries.

Moulded Large Seat Cushion

The moulded seat cushion provides a comfortable yet supportive seat to help keep the pelvis in the best position to encourage good posture in the lower back. This helps to prevent lower back strain and reduced the pressure on the intervertebral discs, ligaments and muscles.

The waterfall front to the cushion improves comfort and circulation to the lower limbs helping to reduce the incidence of deep vein thrombosis.

Synchronous Tilting Mechanism

This tilting mechanism allows the user to move while still sitting at their desk. This improves circulation to the muscles of the lower back, pelvis and hips, as well as reducing the stress on the lumbar spine. The movement allowed also activates the body's natural blood pump system that promotes better circulation in the legs reducing the chance of deep vein thrombosis. There are different locking positions so that the user can adopt different postures for different tasks allowing a different posture reducing the strain on the spine and supporting structures.

Height and Tilt Adjustable Headrest provides support to the head giving the user a more comfortable head position. This helps to ease tension in the neck and shoulders reducing the incidence of headaches, migraines, and shoulder complaints.

Tilting Tension Weight Control calibrates the chair's resistance to the user's body weight with the synchronous mechanism. This keeps all of the support in the right place as the user moves back and forth in the chair and leans onto / moves off the chair back.

Height and Width Adjustable Arms

The arm rests, with height and width adjustment, improve support for the arms and shoulders helping reduce tension in the neck and shoulders and also helps to reduce the incidence of upper limb conditions such as tennis elbow and shoulder tendonitis.