

Alternate Seating Options to Typical Ergonomic Chair

Ergonomic Chair Alternatives:

1. Saddle Seats- Backless “saddle stool” that puts you in a position somewhere between sitting and standing. This chair lowers thighs, opens up hips and gently puts your spine into more natural alignment.



2. Kneeling Chairs- Said to promote an “open and dynamic” sitting posture keeping your spine in its natural curvature, your back and abdominal muscles working, reduces stress and tension in lower back and leg muscles, and improves breathing and circulation.



3. Stand Up Stools- Ideal for those that want to alternate sitting and standing. It is a flexible stool that is height adjusted for desired perch height with a forward tilt to put you at an optimum distance from work station



4. Balance Ball Chairs- Within the base, the balance ball chair is meant to strengthen your core musculature, improve spinal alignment and reduce nerve compression. Due to the slight bounce, legs are kept moving stimulating circulation, and reducing stress and fatigue. When removed the ball can be used for additional office exercises.



5. Active Dynamic Stools- Promotes active sitting by offering movement in all dimensions- backward, forward, sideways, up and down.



For Further Information on Alternative Options:

<http://mashable.com/2011/05/14/office-chair-alternatives/>

http://www.huffingtonpost.com/2014/06/16/active-desk-chairs_n_5484850.html

ALWAYS SEEK EXPERT OPINION BEFORE MAKING ANY MAJOR CHANGES TO YOUR SITTING SETUP.