

Office Chair

Hi all,

I'm looking for a new chair for my office. I was using one someone got rid of, but lately my upper back has been spasming by mid-afternoon. Very uncomfortable....

What do you all use/recommend by way of chairs?

Thanks!

Go places and sit in chairs to see what works for you. General rules of ergonomics apply, but everyone is different. I have bought chairs in specialty shops, office supply stores, warehouse stores (Costco and Sam's) and online. Cost has varied widely. Do look at ratings and weight restrictions, and pay attention to features once you know what you like. Sometimes it takes some work to get comfortable. Right now I am using a fairly standard chair, but after a couple of years I put a gel cushion on seat and back of it. I think perhaps the cushioning on the chair was not optimum and wear made it work differently before I put gel cushions on it.

If you have a history of back problems, there are stores that specialize. Locally there is a Relax the Back store that appears part of a franchise. You may have similar stores in your area.

Now that I have an idea of what works and does not work for me, I don't mind shopping online. However, if you aren't sure then go sit in some chairs.

Darrell G. Stewart, Texas

I agree with Darrell. I paid \$575 and then \$69. It all is what is comfortable to you.

I got one with a matching leather couch and loved it.

Take time to see what works. Sometimes a roll pillow is the best help for the lower back.

Reta McKannan, Alabama

I love my Herman Miller Celle.

I also recommend, as always, reading the Wirecutter's review of office chairs - will give useful background as well as a good variety of recommendations:

<http://m.thewirecutter.com/reviews/best-office-chair/>

Luis Villa

Thanks everyone. Have any of you used a Serta chair? Tried one today which was pretty comfortable.

I checked out the Wirecutter, which is great for pretty much everything, but their recommendations are more than I'm hoping to spend on this.

Shlomo Himmel, New Jersey

I don't know if I would ever spend as much as recommended by the Wirecutter unless I had an opportunity to actually sit in that chair and see how it feels. I'll be looking for one at a local brick and mortar store.

I do recall reading an article stating the most important asset in your office, the one that you use the more than any other, is your office chair. Depending on your area of practice, you may spend 8 or more hours a day in the chair, five or more days a week. According to the article, you should get the highest quality chair you can afford.

Bob Gasparro, Pennsylvania

As for the Wirecutter recommended chair, see this review:

<https://www.nytimes.com/video/technology/personaltech/100000002437198/90-seconds-with-pogue-steelcase-gesture.html>

Bob Gasparro

A few years ago, several folks on the list recommended the following chair (Workspace Quantum 9000):

<http://www.officedepot.com/a/products/690690/WorkPro-Quantum-9000-Series-Ergonomic-Mesh/>

Tried it out at my local Office Depot, and have been using it as my main chair at my second office without complaint.

Hope this helps.

Dave Rakowski

Shlomo, the best chair for your back may be, none ! Sitting all day is really bad for your back, especially since we tend to slump or lean forward over the desk. Maybe you should try something like the Vari-desk and stand up part of the time and then sit again part of the time. I started suffering with degenerative disc disease over 35 years ago and was told at the time to work either standing up or lying down. I figured that we have a bad enough reputation as lawyers as it is, and elected to work standing up. Between physical therapy, standing, and yoga, i've been fortunate and avoided most of the back problems I suffered from back then.

I have a Steelcase adjustable desk (Air touch) which was quite expensive but was one of very few available at the time when I was remodeling my home office. I didn't even bother with looking for an expensive chair, since by then I was already working standing all day. And, no, I do not have varicose veins or foot problems from standing all day.

Miriam Jacobson, Pennsylvania

Wow, I really appreciate all the great feedback. Based on all your recommendations, I think I might go with a lower-cost chair, like the Quantum or the Hyken, and then get

something like the vari-desk or some other sit-to-stand option. I actually used a standing desk (really just some plywood on top of a dresser) throughout law school, and it was great.

So, maybe it's time to go back to something like that.

I honestly didn't realize until I started having this back pain how complicated a chair purchase could be. I had always just used whatever was laying around...

Shlomo Himmel

Just watched an IKEA home tour video and saw an adjustable desk and ergonomic chair: Bekant desk, and Markus chair, both pretty reasonable.

Look them up.

Miriam Jacobson

I haven't tried any of the other chairs recommended. But when I used to sit more, I swore by the Herman Miller Aeron (sp?) chair. Nowadays, it's either the couch with my laptop, or standing. My standing desk is a make-shift plywood desk riser (or the kitchen bar counter), but I'm planning on buying something more expensive soon. I wanted something cheap just to try --- and that started a year or two ago.

Tina Willis

For semi-seating/standing, I loved my Locus "seat":

<http://store.focalupright.com/Locus-Seat-p/flt-1000.htm>

Luis Villa

Locus is excellent.

Flann Lippincott, New Jersey

