

Varidesk Users?

My many hours of parking on my butt seem to have finally caught up to me. I've developed lower back pain that radiates down into my leg and hurts like hell.

I'm thinking of getting a VARIDESK so that I can work standing up, but wanted to know the firm's opinion of them. Any users? True believers? Haters?

i got a less expensive brand but i love it

Laura S. Mann, New Jersey

Which one did you go with, Laura?

Geoff Wiggs, California

Got one for Christmas. Standing up right now typing this. I love it! It goes up and down very easily, and I got an adjustable arm (off-brand, from Amazon - though VariDesk has them too) to hold my main monitor so I can position it just right. Hubby got me the corner unit, because I have a corner desk, and it works great. I do have to get an anti-fatigue mat, but even without it, I find myself standing about half of each day, which is good. My back has been much better. I still need to get more active but this is a start.

Cynthia Hannah-White, Hawaii

Hi Geoff:

Sorry to hear about the pain. I went with a unit from updesk (\$295 at updesk.com) and find it very helpful.

I alternate 90 minutes standing, 90 minutes sitting throughout the day.

Interestingly now when I teach my online classes standing up my students (who can't see me and knew nothing about the new desk) say that I sound more energetic and enthusiastic. Go figure.

Hope this helps.

Dave Rakowski

Been using a VARIDESK for appx. 10 years. More \$\$ than other brands but very reliable, easy to use, relatively easy to disassemble and reassemble for an office move (twice). Though the metal moving parts and desktop are relatively heavy, they also are sturdy and well made. I usually stand about

4 to 5 hours a day and sit in a rolling chair for a couple of hours. I did buy a padded mat that retail stores have for their cashiers (found it on ULine), the mat is appx. 3 feet x 4 feet x 3/4 inch. and fits between the VARIDESK's two legs so I can slide it out when standing, slide it in when sitting so it does not interfere when rolling my chair. One positive: the power strip on the underside helps to reduce how many power cables need to go to my UPS. One criticism: my VARIDESK came with an open v-bottom wire tray on the underside which is supposed to cradle-contain all the power, monitor, device cables but I found it did not keep the wires contained unless I used several zip ties. A PITA when moving or changing monitor or devices. I ended up buying a couple of rectangular metal three-sided wire trays and fastened them (shallow screws) to the back underside of the desk.

Problem solved. You do need to make sure you have sufficient slack in your power cable(s) to be able to raise the desk to its maximum height. YMMV but my typical sitting desktop height is 30.5 to 31.5 inches and standing desktop height is 44.5 inches.

Michael L. Boli, California

Yes, I love mine. I alternate between standing and sitting. Has greatly helped my back. That and doing yoga! I gave up my chiropractor as well :)

Paul Cohen

I have a walking treadmill desk like this:

https://www.amazon.com/LifeSpan-Fitness-TR1200-DT5-Treadmill-Desk/dp/B006M2PJV0/ref=sr_1_7?ie=UTF8&qid=1520539376&sr=8-7&keywords=walking+treadmill+desk

I find it difficult to walk and type and scroll at the same time, but I do stand quite frequently and have no back pain now.

Ryan Ballard, Idaho

https://www.amazon.com/gp/product/B01DJYRCK4/ref=oh_aui_detailpage_o06_s01?ie=UTF8&psc=1

Smonet Standing Desk Converter, Height Adjustable Sit Stand Desk Riser, 36" Computer Workstation Keyboard Tray Stand Up Desk (Dual Monitor Black)

I believe I paid less than \$200

Laura S. Mann

Based on recommendations here, we got my son a sit/stand desk from Autonomous for Christmas. I was very impressed with it when we put it together. It raises and lowers electrically, not manually, and has several pre-sets which made great sense to me.

I haven't had much comment from him as to whether he's using it, but I was a good, heavy piece of equipment, not something flimsy. I was impressed.

Michael D. Caccavo, Vermont

Dave,

When I was in my last year of college and for a year out of college, I was a radio announcer on a "beautiful music" (easy listening) station. We had a "stand-up" board and the microphone. I think the theory is that there is less pressure on the diaphragm and it allows more air for the voice. I found it much better to stand at the mic than when I was at the campus radio station and sitting behind the mic. That you were standing is likely why your students "heard" you differently and thought you sounded better. I sometimes stand when on the telephone with clients for the same reason.

Mark E. Peneguy, Louisiana

My (pregnant) middle daughter has a Varidesk at work and loves it.

Marilou, a nonlawyer who hopes Geoff finds something good

Correct, Mark. There is a reason people stand when they sing rather than sit, unless they are in an opera and have to still sing while on the floor dying. :)

Lyza L. Sandgren, Georgia (paralegal)

Thanks Mark...had no idea.

Reason #15,641 why I love this list ;)

Dave Rakowski

I just got the Varidesk chair, which is more like an articulated stool, and raised my desk. I love the chair. The reviews complain that it's hard, but I can sit 8 hours easily on it - it lets you move around more than a conventional chair. I was having serious knots in my back and they are gone now.

Flann Lippincott, New Jersey