SEATBACK AND ARMRESTS

The science behind the design of the CoreChair

THE LOW BACK OF THE CORECHAIR

Traditional ergonomic chairs still include a tall back as a reflection of corporate advancement. Contrary to popular belief, tall backs serve little purpose other than a carry-over of prestige or an opportunity to lounge in a diminished functional position, albeit relaxed (case in point: the iconic Aeron Chair by Herman Miller was originally designed as a chair for the aging population!). Studies conclude that women tend to perch on the front edge of their seat, and most people in general don't even use the upper 2/3 of the tall back.

Most tall backs incorporate a lumbar support in an attempt to counter the effects of low back pain and poor posture associated with sitting at 90˚ hip position. The lumbar support was/is intended to support the lumbar spine, which flattens when the pelvis is allowed to slump or tilt backward.

So what does CoreChair do differently? With our back support we address the "cause" of lumbar spine-flattening by creating a more aggressive posterior pelvic support. This holds the pelvis in a more vertical position and prevents slumping when used in harmony with the sculpted seat. When the pelvis is stabilized optimally, the ascending spine is balanced and this reduces the need for any further upper body support – especially for an engaged sitting position.

The CoreChair back allows greater upper back lateral and rotational mobility. It encourages the shoulders to retract and the user to sit tall, without potentially contacting a surface that might otherwise push the user forward.

THE BENEFIT OF NO ARMRESTS

Armrests contribute to the sedentary outcome that is hazardous to our health and so we eliminated them. When it comes down to it, armrests' only function lies in allowing for an inappropriately supported person to lean to one side to stabilize their upper body, and most ergonomists suggest that they assist in supporting the forearms while engaging in repetitive tasks such as typing.

However, when we sit in a slumped posture, the naturally inherent engineered lateral support within the spinous-vertebrae is not allowed to interface to provide this stability. When our spine is erect and balanced, these "facets" interconnect like a puzzle to provide the lateral stability. Standing is the obvious optimal position for this, while sitting is close to the other end of the spectrum. A properly balanced seated person generally does not require outriggers to help them sit midline.

Armrests are one of the most common inappropriately adjusted features on an office chair. When they are too high they tend to push the shoulders high causing discomfort in the upper back and neck. When they are not fitted properly they tend to contribute to nerve impingement in the forearm.

With a properly designed workstation, the CoreChair user is able to move into their workstation without the interference of armrests.

CoreChair

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