

# UNIQUEPOSTURALSOLUTIONS

## Chiropractic Centre

### Ultimate Mesh 4-Lever Operator Chair

#### Large Contoured Seat Cushion

The contoured shape of the cushion helps to hold the pelvis in. The waterfall front to the cushion improves comfort and circulation to the lower limbs helping to reduce the incidence of deep vein thrombosis.

#### Height Adjustable Mesh Back

The ergonomically height adjustable contoured mesh back improves comfort and ensures that the user is more likely to sit in a more postural correct position by supporting the spine in an anatomically correct position. This increases support, reduces slouching and therefore the pressure on the joints of the pelvis, spine and intervertebral discs.

#### Seat Slide

Allows the user to adjust the depth of the seat cushion to get the most comfortable seat position. This avoids any compromise of the circulation to the legs helping to decrease the incidence of Deep Vein Thrombosis. The pressure in the buttock and thigh muscles is also reduced.

#### Independent Seat Tilt

Independent seat tilt feature offers significant benefits for users, especially those who spend long hours seated at a desk. By allowing the seat to tilt independently, it enables the user to adjust the angle of the seat to maintain an optimal posture, reducing the strain on the lower back and pelvis, promoting a healthier spinal alignment with a more dynamic sitting position. This adjustment capability helps in distributing weight more evenly, minimising pressure points, and encouraging better blood flow. As a result, users can experience a reduction in back pain and discomfort. The ability to customise the seat tilt can enhance comfort and support during extended periods of sitting, potentially increasing productivity and focus by reducing the need for frequent breaks due to discomfort.

#### Independent Back Tilt

An independent backrest tilt feature enhances the user's comfort and supports spinal health by allowing for personalised adjustments to the backrest angle. This functionality enables individuals to find the perfect balance between support and flexibility, adapting to their unique spinal curvature and promoting a more ergonomic sitting position. By adjusting the tilt of the backrest, users can maintain a dynamic posture, reducing the static pressure on any single part of the back, which is crucial for minimising the risk of developing back pain and other musculoskeletal issues. The independent backrest tilt supports the natural movement of the body throughout the day, encouraging periodic stretching and realignment of the spine. This not only helps in preventing the stiffness and discomfort associated with prolonged sitting but also promotes better blood flow.

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### **Forward Seat Tilt**

A forward tilt feature on the seat cushion provides unique advantages for promoting a healthier sitting posture and alleviating physical strain. By enabling the front of the seat to tilt downward, it encourages a more natural pelvic position, aligning the spine more effectively and reducing the tendency to slouch. It encourages the user to sit with a posture that maintains the normal, natural curves of the spine. This posture adjustment helps to distribute the users weight more evenly across the chair and legs, minimising pressure on the thighs and lower back. Forward tilt can also aid in enhancing the user's circulation and reducing the risk of leg fatigue by facilitating a slight increase in leg movement reducing the chance of deep vein thrombosis. Forward seat tilt contributes to a decrease in spinal stress and an increase in comfort during prolonged periods of sitting, potentially leading to improved concentration and productivity by mitigating discomfort and the need for frequent position changes.

### **Height Adjustable Arms**

The arm rests, with height 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.