

UNIQUEPOSTURALSOLUTIONS

Chiropractic Centre

Eco-Task 24 Hour Heavy Duty Posture Office Chair

Height Adjustable Headrest

A headrest that can be raised or lowered ensures proper alignment with the user's head and cervical spine.

Health Benefits:

- Decreased neck and shoulder tension by supporting the head, reducing fatigue on trapezius and neck muscles.
- Reduced risk of forward head posture ("tech neck"), a common cause of chronic pain.
- Supporting the head during recline relieves pressure on cervical vertebrae, which can aid recovery from and prevent headaches and migraines linked to posture.

Contoured Height Adjustable High Backrest

The contoured high backrest supports the entire length of the spine, from the lumbar region up to the shoulders. The lower and upper back area are further supported by this height adjustable backrest. Its design helps to minimise strain on the supporting muscles, encouraging the body to adopt and maintain better posture and supporting the spine in an anatomically correct position.

Health Benefits:

- Spinal alignment: Helps maintain the natural "S" curve of the spine, reducing back strain.
- Height adjustability: Ensures the backrest contour aligns with the user's natural spinal curves, regardless of height or body proportions.
- Shoulder and upper back support: Prevents hunching and slouching, lowering risk of thoracic stiffness.
- Neck tension relief: Supporting the upper spine reduces compensatory strain on neck muscles.

Inflatable Lumbar Support

An inflatable lumbar cushion allows the user to fine-tune support for the inward curve of the lower back.

Health Benefits:

- Reduced lower back pain by preventing flattening of the lumbar spine.
- Customisable comfort: Users with different spinal curvatures or existing conditions (e.g., sciatica) can adjust support.
- Core muscle relief: By providing external support, it reduces overactivation of lower back muscles during long sitting periods.

Moulded Seat Pad

A moulded seat pad is shaped to follow the natural curves of the pelvis and thighs. This distributes pressure evenly across the sitting bones rather than concentrating it on a few high-pressure points.

Health Benefits:

- Improved circulation in the legs, reducing risk of deep vein thrombosis (DVT).
- Reduced muscle fatigue in the hips and thighs by avoiding pressure hotspots.
- Better posture support, which decreases pelvic tilt and spinal stress.

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Pocket Sprung Seat Cushion

Pocket Sprung seat cushions are great for sitters with pelvis injuries and lower back injuries /complaints. The springs naturally mould around the user giving a better seating position and weight is more evenly spread across the cushion reducing high pressure points. Works well for sitters with sciatica, disc problems and poor circulation.

Health Benefits:

- Activation of the core (postural) muscles encouraging better posture
- Improved blood circulation
- Less nerve irritation
- Reduced muscle fatigue

Synchronous Tilt Mechanism

A synchronous tilt mechanism creates a healthier movement pattern while seated, keeping circulation flowing, reducing spinal loading, and helping prevent musculoskeletal issues linked to static sitting.

Coordinated movement: The backrest and seat move in a fixed ratio (typically around 2:1 or 3:1). This means when you lean back, the backrest reclines more than the seat angle changes, keeping the feet closer to the floor.

Natural body motion: Mimics how the pelvis and spine naturally move together when you change posture.

Balanced support: Prevents the seat from tilting too steeply, avoiding pressure behind the knees or sliding forward.

Dynamic sitting: Encourages small posture changes throughout the day, reducing static load on muscles and joints.

Health Benefits

- Spinal disc relief: Reclining distributes load away from the lumbar discs, reducing compression and lowering risk of chronic back pain.
- Improved circulation: Because the seat doesn't lift the legs excessively when reclining, blood flow through the thighs is maintained — lowering risk of numbness, swelling, and deep vein thrombosis (DVT).
- Reduced muscle fatigue: Alternating between upright and reclined positions decreases static tension in back and core muscles.
- Neck and shoulder protection: Reclining with proper backrest support helps the head and neck stay aligned, reducing forward head posture and muscular strain.
- Better breathing and digestion: Reclining slightly opens up the chest and abdomen, encouraging deeper breathing and reducing compression of digestive organs compared to slouched sitting.

Weight Tension Control Adjustment

This feature allows users to adjust the resistance of the backrest when leaning or reclining, adapting the chair to body weight and movement.

Health Benefits:

- Encourages movement: Dynamic sitting prevents stiffness and promotes circulation.
- Reduces spinal compression: Reclining shifts pressure away from discs in the lumbar spine.
- Improved focus and comfort: Balanced recline reduces muscle fatigue, allowing longer periods of concentration without discomfort.

Height adjustable arms

Height adjustable armrests improve support for the arms and shoulders, help reduce load on the neck and shoulders, and help reduce upper limb conditions such as tennis elbow and shoulder tendinitis.

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In summary:

These features work together to promote circulation, maintain spinal alignment, and reduce muscular strain.

The result is less fatigue, fewer musculoskeletal complaints, and lower long-term risk of conditions such as DVT, sciatica, disc injuries, neck/shoulder tension, and headaches.