



Tips For Choosing Chairs For Neck And Shoulder Pain



The chair should have an arm, neck, and backrest. Check that the height is such that your feet rest at 90 degrees on the ground.

A flexible lower backrest should support the lumbar region to keep lower back pain at bay.



Ensure all features, such as the height, arm, neck, and backrest, are adjustable. A swivel back adds extra comfort.

Cushioning for the back, seat, and arms should be optimized to provide maximum comfort. The cushion should not sink with weight.



Chairs come with different load capacities. Pick one that can easily carry your weight.

Check if the cushion fabric is washable or not. Look for a model that is easy to clean and maintain.

