

The chair must recline at an adequate angle to support the back and spine.



High-quality PU leather chairs are easier to clean and stain-resistant.



The fabric should be breathable.



Select a chair with a metal base if you need a sturdy chair.



Adjustable armrests provide customized comfort.



Watch out for added accessories such as footrests, cup holders, and massaging functions.



Mom Junction

Source: https://www.momjunction.com/articles/best-gaming-chairs-for-backpain_00785592/