

5 Best Office Chairs Designed To Avoid Lower Back Pain

Lower back pain is the worst. It's constant, it's relentless and you might be thinking there's no way of reducing it.

These designers have done the impossible, though. They've sculpted the back supports specifically for your spine to follow the healthiest, most natural line.

So ditch your unhealthy, uncomfortable chair right now, and give your lower back the love it deserves by investing in one of these amazing ergonomic office chairs.

#1 [Duramont Ergonomic Adjustable Office Chair](#)



[Buy here](#)

Who suggested this product?

The [Duramont Ergonomic Adjustable Office Chair](#) was recommended by Daniel Paull from [Easy Orthopedics](#). You can find out more about Daniel Paull [here](#) or read their product recommendation below.

It has an adjustable tilt-able backrest with good lumbar support, is well padded, and has removable armrests so you can slide it into your desk properly. I think this is a good overall ergonomic chair that can conform to any work space.

[Buy here](#)

#2 [LeanRite Elite by Ergo Impact](#)



[Buy here](#)

Who suggested this product?

The [LeanRite Elite by Ergo Impact](#) was recommended by Jonathan Sheinkop from [Ergo Impact](#). You can find out more about Jonathan Sheinkop [here](#) or read their product recommendation below.

The LeanRite™ Elite, ergonomic office chair, for height adjustable desks offers a therapeutic standing platform with a built-in anti-fatigue mat. In a seated position, the soft padded seat tilts forward to encourage a neutral seated posture which helps strengthen core muscles. When leaning against the LeanRite's padded edge in a standing position, the lower back can be massaged and stretched throughout the day and relieve typical back pain associated with tight muscles or sciatica. The LeanRite allows users to sit at a chair-seated height, raise partially to allow perching or extend fully to allow for a lean.

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#3 [DRAGONN Ergonomic Kneeling Chair](#)



[Buy here](#)

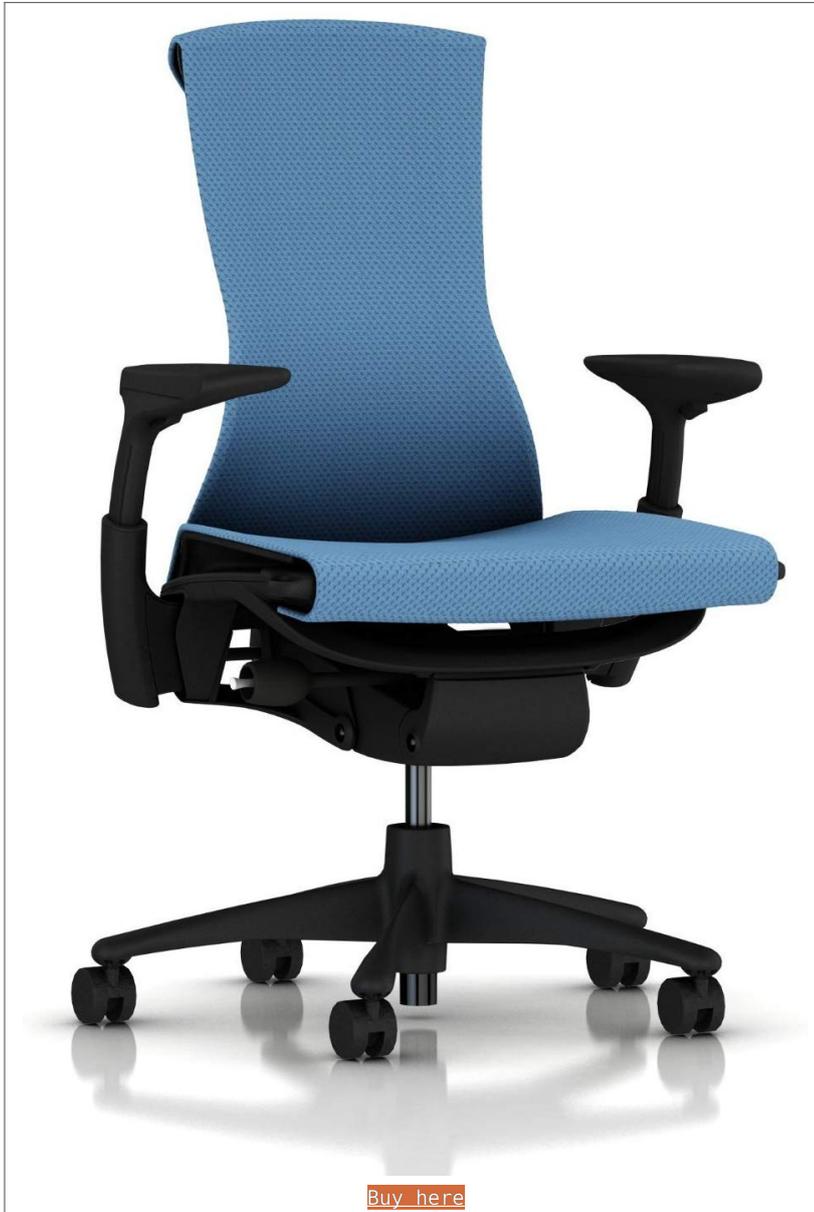
Who suggested this product?

The [DRAGONN Ergonomic Kneeling Chair](#) was recommended by Jamie Bacharach from [Acupuncture Jerusalem](#). You can find out more about Jamie Bacharach [here](#) or read their product recommendation below.

For lower back troubles, look no further than Dragonn's Ergonomic Kneeling Chair. An ideal solution to lower back pains subjected to extended office or sitting hours, Dragonn's kneeling chair supports back and spinal health by encouraging you to sit in an ergonomic and healthy position which both protects and strengthens the spine. Thanks to its height adjustable design, the chair is suitable for anyone and can help to either alleviate or prevent lower back problems.

[Buy here](#)

#4 Herman Miller Embody Ergonomic Office Chair



[Buy here](#)

Who suggested this product?

The [Herman Miller Embody Ergonomic Office Chair](#) was recommended by Natalie Knezic from [Natalie's Health](#). You can find out more about Natalie Knezic [here](#) or read their product recommendation below.

Embody's back and seat cushions are very comfortable and help with a correct weight distribution, which means it can relieve back pain caused by a poor posture. The most impressive part of the chair is Embody's back. It is designed like a human's back, with a central spine and flexible ribs. The adjustment allows you to position the back of the chair in line with your spine's natural curve so that you can sit in a neutral, balanced posture. If you lean forward or recline, the support remains constant. It's designed to the highest ergonomic

seating standards.

[Buy here](#)

#5 [Allseating You High Back Mesh Chair](#)



[Buy here](#)

Who suggested this product?

The [Allseating You High Back Mesh Chair](#) was recommended by Stephanie Gilbert from [Eroprise](#). You can find out more about Stephanie Gilbert [here](#) or read their product recommendation below.

Most chairs claim to have good lumbar support. The more active the adjustments, the greater the chance it will help the individual. Some consider that by having a plastic piece (with or without fabric) is justified as being classified as a great chair for those that require lumbar reinforcement. This is not the case and individuals need to be aware.

Confidently we recommend a chair that has a patent on a truly adjustable lumbar. The You chair offers unprecedented back support. This particular series boasts an innovative back suspension system that conforms to the shape of the user's back. The chair promotes active sitting, which not only improves posture, but also productivity and performance.

[Buy here](#)

Who contributed to this article?

Daniel Paull from [Easy Orthopedics](#)

Jonathan Sheinkop from [Ergo Impact](#)

Jamie Bacharach from [Acupuncture Jerusalem](#)

Natalie Knezic from [Natalie's Health](#)

Stephanie Gilbert from [Eroprise](#)