

9 Supportive Chairs For A Bad Back

The time has come, after so many years of faithful service for you and whatever adventures you devised, your back simply can't take that much hard work any longer. What seemed to come easily then is now harder and accompanied by pain and discomfort. It can be so frustrating.

But be certain, there's hope. The sedentary lifestyle most of us are subjected to comes with the possibility of spending most of our time sitting and not particularly loading any work on our precious spines. Unfortunately, sitting also comes with their variety of issues for the back. That's why it's important to choose just the right chair to sit on. If you have a bad back, take a look at these chairs specially designed for comforting such ailment, you only have comfort to gain.

#1 [Herman Miller Aeron Chair Size B Fully Loaded Posture Fit](#)



[Buy here](#)

Who suggested this product?

The [Herman Miller Aeron Chair Size B Fully Loaded Posture Fit](#) was recommended by Adam White from [SEOJet](#). You can find out more about Adam White [here](#) or read their product recommendation below.

I was in two car accidents in high school and have had back problems my entire adult life. I really needed an office chair that would support my back all the way up to my neck. The best chair that I have found is the Herman Miller Aeron chair. I've had it for over ten years now and I love it. Definitely worth the cost for someone with back problems.

[Buy here](#)

#2 [Signature Altwork Station](#)



Who suggested this product?

The [Signature Altwork Station](#) was recommended by Rudeth Shaughnessy from [Copy My Resume](#). You can find out more about Rudeth Shaughnessy [here](#) or read their product recommendation below.

I've had back issues before and after undergoing an ergo-assessment I was told part of my back pain was a result of sitting too long for extended periods of time.

To remedy this I switched to an adjustable work space that converts from a regular seated desk to a standing desk. My back pain has been reduced significantly.

However, if your readers have extreme back pain where a standing desk isn't so much of an option then I'd have to recommend the Altwork Station.

Altwork are a ergonomic chair startup founded in 2015. I discovered them when visiting a full-time remote developer friend in San Francisco. Since he works long hours on code sprints he spends a lot of time seated and swears by the Altwork Station. I sat in it and it is indeed sublime.

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#3 [Laura Davidson Bungee Task Chair](#)



[Buy here](#)

Who suggested this product?

The [Laura Davidson Bungee Task Chair](#) was recommended by Adam McKinley from [Laura Davidson Direct](#). You can find out more about Adam McKinley [here](#) or read their product recommendation below.

People seem to either love this chair and claim it's been great for their back, or they hate it. It's a fun chair that uses flat bungee straps which conform well to the user's body while offering really nice airflow. Best part – great price point.

[Buy here](#)

#4 [Empire Mesh Management Chair](#)



[Buy here](#)

Who suggested this product?

The [Empire Mesh Management Chair](#) was recommended by Adam McKinley from [Laura Davidson Direct](#). You can find out more about Adam McKinley [here](#) or read their product recommendation below.

This chair features a German Poly-Elastic mesh seating surface that conforms to your back – providing great natural support and ergonomics. No adjustable lumbar support however. 5 minute assembly at a very affordable price point.

[Buy here](#)

#5 [Herman Miller Aeron Chair](#)



[Buy here](#)

Who suggested this product?

The [Herman Miller Aeron Chair](#) was recommended by Adam McKinley from [Laura Davidson Direct](#). You can find out more about Adam McKinley [here](#) or read their product recommendation below.

The Aeron chair is one of the most comfortable office chairs and offers an adjustable lower back lumbar support. We recommend this chair to people that have serious back issues. Very great build quality and overall chair – only downside is the high price tag so it may not be in everyone's budget.

[Buy here](#)

#6 [Herman Miller Classic Aeron Task Chair](#)



[Buy here](#)

Who suggested this product?

The [Herman Miller Classic Aeron Task Chair](#) was recommended by Vladimir Gendelman from [Company Folders, Inc.](#) You can find out more about Vladimir Gendelman [here](#) or read their product recommendation below.

I have a bulged disc and have had chronic back pain for 30 years. The chair that we use in the office are Herman Miller Aeron chairs because they offer great lumbar support, are made of breathable material, and helps us maintain good posture. When we needed to get new chairs for our office, we did our research online and asked specialists in the field before we tested four or five different chairs on site. This was the chair we liked the best.

[Buy here](#)

#7 [Office Master Truly Chair](#)



[Buy here](#)

Who suggested this product?

The [Office Master Truly Chair](#) was recommended by Erika Taylor Montgomery from [We've Got Your Back](#). You can find out more about Erika Taylor Montgomery [here](#) or read their product recommendation below.

As someone with a bad back, I love this chair because it has great lumbar support that is adjustable for a custom fit. It's attractive and ergonomic, and there is a size and configuration for every body shape and size. This chair is also extremely comfortable, has a variety of arm rest styles and is long lasting product with a great warranty and an affordable price.

[Buy here](#)

#8 [Wobble Chair Ergonomic Active Sitting Stool](#)



[Buy here](#)

Who suggested this product?

The [Wobble Chair Ergonomic Active Sitting Stool](#) was recommended by Jenny Catindig from [Anthrodesk](#). You can find out more about Jenny Catindig [here](#) or read their product recommendation below.

- The Wobble Chair is ideal for use with your standing desk.
- It is a perfect way to stay active even when you sit with your sit to stand desk.
- Engages your core muscles and stimulates metabolism. Wobble your way to better health today!

[Buy here](#)

#9 [Humanscale Liberty Task Office Chair](#)



[Buy here](#)

Who suggested this product?

The [Humanscale Liberty Task Office Chair](#) was recommended by Josh Dean from [Kubix Media](#). You can find out more about Josh Dean [here](#) or read their product recommendation below.

The lumbar support is incredible and I haven't had back pain when sitting down in the office since. My posture has noticeably improved as well.

Although it's very expensive, it is still much cheaper than the Herman Miller alternatives, which, in my opinion, are more uncomfortable. If you have the funds to afford it, there is no better office chair that I can recommend.

[Buy here](#)

Who contributed to this article?

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