

### I-SYNCH FULL MESH ERGONOMIC CHAIR

This Executive level office chair has a high quality full mesh finish for comfort and breathability.

# Height adjustable high mesh back

The height adjustable back of the chair helps to keep stress from building up in the pelvis, lower back and hips by enabling the user to move the support to exactly where it is needed. This reduces the pressure on the intervertebral discs in the lumbar spine thus preventing lower back pain. The Mesh back helps to mould around the user giving better support.

### Seat slide

The adjustable depth of the seat creates the perfect seat cushion for each user regardless of the length of their legs or size. This reduces the pressure in the buttock muscles and thighs and improves circulation decreasing the incidence of Deep Vein Thrombosis. The seat MESH covering has rounded edges to stop the sides of the chair pressing into the legs, improving circulation to the lower limbs.

## High back

The high back provides excellent support throughout the lower and upper back, helping to decrease strain on the shoulders and neck. This helps to reduce the incidence of headaches and upper limb disorders.

# Self adjusting lumbar support

This provides the best support exactly where it is needed. The whole lumbar section moves to the position required keeping the lumbar spine supported as the user leans on to the back of the chair. This feature reduces the stress on the lumbar spine by maintaining the correct lumbar lordosis (curve) allowing joints to move, removing strain from the intervertebral discs and the ligaments and muscles of the lumbar spine and lumbosacral junction. (The junction between the lumbar spine and the pelvis).

### **Synchronous Plus Tilting Mechanism with Free Float Mode**

This tilting mechanism allows the user to move while still sitting at their desk. This improves circulation to the muscles of the lower back, pelvis and hips, as well as reducing the stress on the lumbar spine. The movement allowed also activates the body's natural blood pump system that promotes better circulation in the legs reducing the chance of deep vein thrombosis. There are different locking positions so that the user can adopt different postures for different tasks.

Adjustable Body Weight Tension Control calibrates the chairs resistance to the users body weight with the synchronous mechanism automatically. This keeps all of the support in the right place as the user moves back and forth in the chair and leans onto / moves off the chair back. This allows the chair to tension to the users weight so that the chair is supporting when leaning back but moveable without too much effort when required. This also stops the seat back from moving too easily and the user losing support as they lean on the chair. The correct



resistance is vital for the chair to provide the right support in the right areas as the user moves back and forth in the chair and leans onto / moves off the chair back

**Tilting Optional Headrest** provides support to the head giving the user a more comfortable head position. This helps to ease tension in the neck and shoulders reducing the incidence of headaches, migraines, and shoulder complaints.

**Height Adjustable Pivoting Armrests** provide an adaptable position of the arm rests. This feature will provide the best support to the arms and shoulders depending on the task in hand. The adjustability of the arms allows the user to customise them to their requirements for the different tasks. This reduces the tension in the shoulders and helps to avoid upper limb complaints like carpal tunnel and tennis elbow.

# **High Quality Twin Castors**

The smooth twin castors allow the user to move the chair in the office while seated easily and without strain. This makes it easy for the user to move back from their desk and turn the seat so that they may stand in a safer neutral position and not have to twist out of their chair causing strain on their spine as they do so.