

## Kneeling Chairs

Kneeling chairs are designed to help put the user in a position that promotes and helps to maintain a better posture. The kneeling chair also allows movement of the user while sitting helping to reduce muscle fatigue. The kneeling chair uses the concept of active sitting versus passive sitting. In a normal chair, your body tends to be either slumped and relaxed or tense and straight; neither of which are ideal postures. This can eventually lead to spinal problems and various other ailments linked to a sedentary lifestyle. A kneeling stool promotes active sitting through continual, controlled movement. Because the upper body is self-supported it has to balance itself which encourages the sitter to use their abdominal and back muscles. It's like a mini core workout.

Kneeling chairs position you with an open hip angle the posture encouraged in a kneeling chair is different to traditional seating. By tilting the pelvis forward and lowering the knees in relation to the hips, the spine is encouraged to adopt the correct alignment, such as when standing. This means the weight and compressive forces of the upper body are distributed through the seat and the legs so the discs are not squeezed out of shape and muscle strain is not required to maintain upright. Compression on the discs of the lumbar spine is relieved by as much as 35% when seated in this kneeling-like posture. This positioning also allows improved blood flow to the discs, which may delay the process of disc degeneration.

A scientific study published in the [National Centre for Biotechnology Information](#) found that lumbar curvature on an ergonomically designed kneeling chair is definitely superior to a standard computer chair: This study suggests that ergonomically designed kneeling chairs set at +20 degrees inclination do maintain standing lumbar curvature to a greater extent than sitting on a standard computer chair with an overall mean difference of 7.633 degrees .

By contrast, a kneeling stool promotes active sitting through continual, controlled movement. Because the upper body is self-supported it has to balance itself which encourages the sitter to use their abdominal and back muscles.

The use of a kneeling chair should be graduated. The user will not be able to maintain a good posture for longer periods as soon as they switch from a normal office chair. The postural and core muscles will fatigue fairly quickly to begin but as they get stronger the user will be able to sit on the kneeling chair for longer.

A kneeling chair is not designed to be used all day but for shorter periods of time: Probably for no longer than 3-4 hours maximum.