

# How to Support Your Spine with an Ergonomic Chair - At Any Budget

*Post-Purchase Setup Guide for Budget-Friendly Comfort, Posture, and Daily Spine Support*

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## CHOOSE A CHAIR WITH LUMBAR SUPPORT - BUILT-IN OR ADD-ON

*Use an external cushion or rolled-up towel if on a budget*

- Look for chairs with adjustable or contoured lumbar support
- Support the natural curve of your lower back

## SET THE RIGHT SEAT HEIGHT AND DEPTH

*Feet flat, knees at 90°. Seat edge should not press behind your knees*

- Use books or a footrest to adjust height if needed

## SUPPORT YOUR UPPER BACK AND SHOULDERS

*Use a chair with a tall back or headrest. Sit fully back in the seat*

- Keep shoulders relaxed and stacked over hips

## ADJUST THE ARMRESTS OR REMOVE THEM

*Armrests should support forearms without lifting shoulders*

- Remove armrests if they cause strain or can't be adjusted

## MOVE AND STRETCH REGULARLY

*Even the best chair isn't a substitute for movement*

- Stand, walk, or stretch every 45–60 minutes

## WHY THIS ACTION PLAN WORKS

*Tactical Benefits*

- Improves posture without overspending
- Combats fatigue, neck strain, and back pain during long hours
- Keeps your body aligned and more energized day-to-day