

# **EMBODY™ CHAIR ADJUSTMENT GUIDE**





### 1 ADJUST TILT LIMITER

Lean slightly forward. Move tilt limiter to the up/locked position (rear left side).

### 2 ADJUST SEAT DEPTH & HEIGHT

Angle the joystick fully and lower seat to the lowest position.

Lift your feet onto your toes to remove your thigh weight from the front of the seat.

Gently lift up at the front of the handles on the right and left sides of the seat to disengage the locking seat depth adjustment. Slide forward or back into proper depth for use; then release downward to lock the seat.

#### PROPER ADJUSTMENT

*Be sure there is clearance between the back of the knee and the seat edge to reduce pressure under the thighs or the back of the calves.*

Angle the joystick fully; lift your weight to raise the seat height to the desired level.

#### PROPER ADJUSTMENT

*There should be slightly less than a 90° angle between your thighs and calves.*

### 3 ADJUST ARM HEIGHT

Press the button on the underside of the armpad to raise or lower it.

The chair arms adjust low to avoid contact with a work surface.

#### PROPER ADJUSTMENT

*Your arms should make contact with the armpad without any lift at your shoulder.*



#### 4 ADJUST ARM WIDTH

Place two hands on an armpad to pull in or push out.

Arms are designed to be adjusted without too much force but remain in place when presented with unintended movement.

The chair arms tuck in close for persons with narrow shoulders. The arms can be moved out quickly for entry and exit from the chair.

#### PROPER ADJUSTMENT

*Your elbows should be in line with your shoulders.*



## 5 ADJUST BACKFIT™

The Backfit adjustment is critical. It allows you to position the back of the chair to fit the curvature of your entire back, which places your head in a balanced position for alignment with your computer display.

Take your weight off the chair back. For the initial adjustment, rotate the back angle to full-forward position (clockwise).

Now lean back.

### IF YOU HAVE A FLAT BACK (*little curvature between the thoracic and lumbar regions*):

Rotate the Backfit adjustment clockwise to the full forward position or move it slightly back by turning the knob counterclockwise until you begin to shift your weight on the chair back.

This allows your head to be held forward, positioning your eyes in relationship with the computer screen. There is a limited amount of lumbar support. With a flat back, little is needed, because there is no lumbar curve.

With other chairs, you may not have adequate back support, which causes your head to fall back. To compensate, you stress shoulder and neck muscles to pull forward to align your head with the visual display.

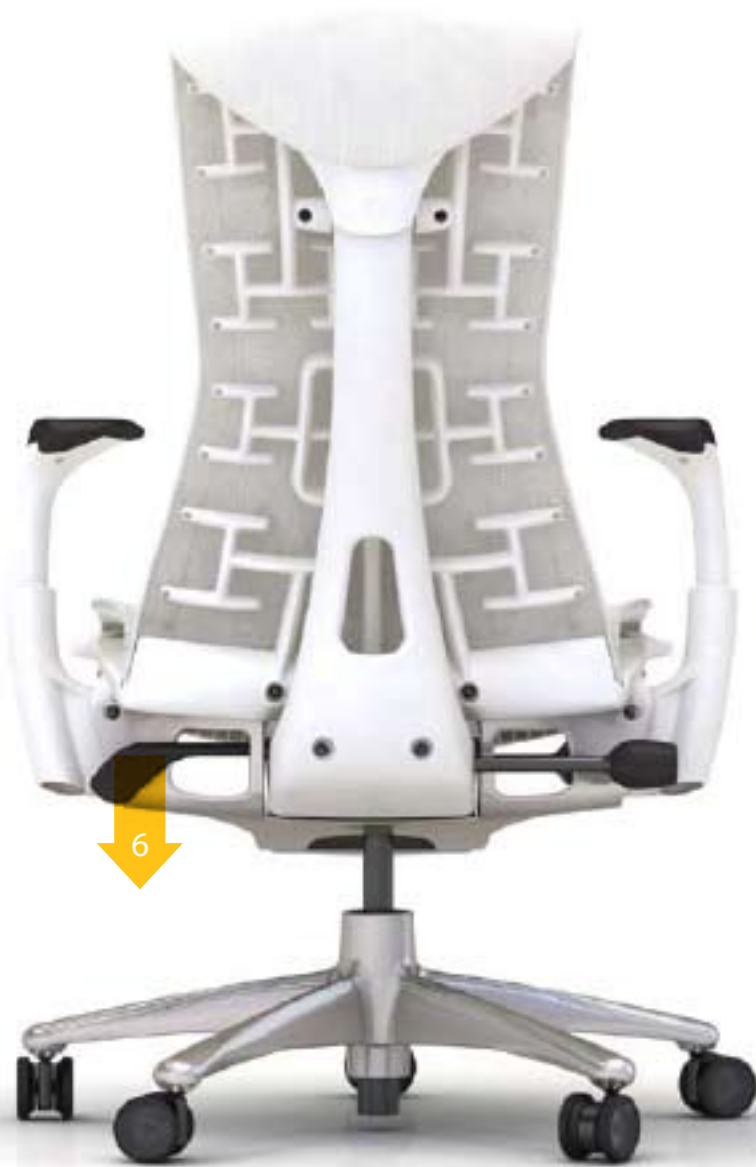
### IF YOU HAVE A CURVED BACK (*outward through the thoracic and inward through the lumbar*):

Rotate the Backfit adjustment clockwise to the full forward position. Your upper back will feel pushed forward and your eyes will be directed towards the floor.

Rotate the back rearward (counterclockwise), which in effect provides more room for your thoracic curvature, allowing your head and eyes to lift.

At the same time, this adjustment brings added support for your lumbar region.

With other chairs, you feel the chair push you forward if you have a curved back. Your shoulders roll forward, and your head and eyes want to drop downward. In response, you stress shoulder and neck muscles to pull your head up to align your eyes with the visual display, or you slide forward on the seat (slouch) to compensate.



## 6 ADJUST TILT

Take your weight off the chair back.

Disengage the tilt limiter lock and flip the handle fully downward.

Now recline slowly in the chair.

If desired, you can choose to limit the tilt by adjusting upwards.

### PROPER ADJUSTMENT

*If you are having difficulty reclining, loosen the tension by turning the tilt tension knob counterclockwise.*

If you feel you are reclining too far, tighten the tension by turning the knob clockwise.

Now is a good time to experience the narrow back and soft perimeter edge of the chair, which enhance your freedom of movement.

Move your back from side to side, shift in the chair, move your arms fore and aft, and allow your arms to drape at your sides.

Whatever your size, shape, spinal curvature, or workplace, Embody can free your body to move the way it's intended to move.

Enjoy your new found freedom. Be unstill.