

# Adjustment Guide for the Right Chair™

7 active adjustments to get your Right Chair™ just right

1

## Seat Height (5" standard range):

Adjusts with lever on right. While out of the chair, lift lever to lift seat height. To lower the chair, lift the lever while seated. The cylinder has a lifetime warranty, so you may adjust it daily without concern about wear.

**GOAL:** Proper seat height ensures your feet are firmly on the floor, not dangling. Excess pressure on soft tissue of your leg, and restricted circulation can result. If your chair will not position high or low enough for your proper seat height, contact Neutral Posture for assistance.



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## Back Recline/Tilt

Adjusts with lever on right. Move lever horizontally forward to release backrest into free-float or to change angle. Move lever rearward to lock angle at one of three positions. The recline includes an anti-kick feature that requires slight pressure on the back to disengage from its locked position.

3

## Tilt Tension

Adjusts with tension knob under front of seat. Tighten to increase resistance in back tilt or loosen to reduce resistance. Do not adjust from seated position.

**GOAL:** Adjust tilt tension to your body weight for balanced movement.



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## Arm Height (3" range):

Adjusts with silver button on the outer side of each arm post. While seated, grasp arm post with thumb against inner button, and fingers against outer activation button. Squeeze and position arm height. Release to lock.

**GOAL:** Set armrest height to your elbow resting height. Setting too high will push shoulders up, while setting too low adds weight to neck shoulder that leads to neck shoulder tension.

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## Arm Width (5" range):

Adjusts with lever located against the lower backside of each arm post (see photo). While seated, open the lever to release armrest. Adjust to desired width and return the lever to its locked position against the arm support.

**GOAL:** Set armrests as near to your torso as is comfortable.



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## Lumbar Height (3" range):

While seated or standing behind your chair, locate the lumbar support tucked in between the backrest structure and the mesh. Move it up or down until you find the height that meets and supports the curve of your lower back.

**GOAL:** Lumbar support should meet the curve of your lower back, around your belt line.

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## Optional Seat Depth Slider (2" range):

Adjusts with lever on left. While seated, with back tilt locked (i.e. not in free-float mode), lift lever with left hand to release slider and simultaneously provide opposite force motion against the backrest with your right hand. Release to lock.

**GOAL:** While seated, adjust seat to leave between 1" to 3" of space between front edge of seat and the back of your upper calf, with your back comfortably against backrest. Proper seat depth is vital for optimal seated comfort, blood flow to lower legs and minimal pressure on soft tissue.