

Champion Seating Co.

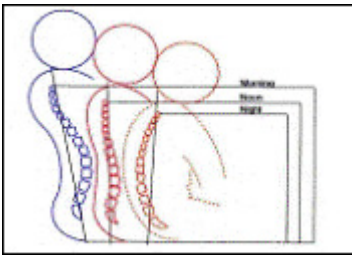
Ergonomic Benefits of Lumbar Support

If you have been sitting incorrectly in a hunched over posture, you should understand that there will be an abrupt change in your posture; something that you are not used to. There may even be slight discomfort in the beginning, such as when one begins an exercise routine, and have sore muscles as a result, but you are also fully aware that the exercise is healthy and beneficial to your overall health.

Champion Seating's chairs are designed to assist you in achieving an anatomically correct seating posture. We put emphasis on lumbar support and the full spectrum of ergonomic as we design and manufacture quality seating at an affordable price.

Incorrect seating posture can lead to lower back pain that can lead to discomfort, reduced concentration and reduced worker productivity, as well as long term poor health issues.

Even Healthy Spinal Columns are constantly changing in Curvature...



The changes in one spinal column throughout the day without lordotic support... This is seen in chairs that have the more reclining open back, and throughout the day the user constantly leans forward, not maintaining contact with the back of the chair and ends the day hunched over.

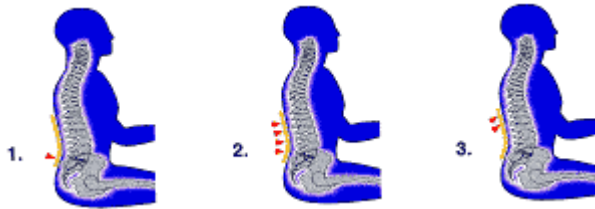
Our lumbar system supports the lower back and helps keep the "S" shape of our spinal column. Doctors and scientists agree that the curvature of our spine varies throughout the day and eight types of spinal column are found among healthy young people. From morning to night, the curvature of the spine changes. Without proper support, the natural "S" shape of our spinal column straightens and then becomes "C" shaped resulting in a slouched appearance (poor posture) and leading to lower back pain, upper back tension and added stress to the neck and shoulder areas of our back.

Proper Lumbar Support - The Three-Fold Effect

The basis of all lumbar support systems is to achieve correct seating position. To attain optimum seating position, the lumbar seating system must provide support to the pelvis, lumbar vertebrae and upper body. The support of these areas is commonly referred to as

the "Three-Fold Effect." Effective support of these areas will enable lasting seating comfort after the initial adjustment.

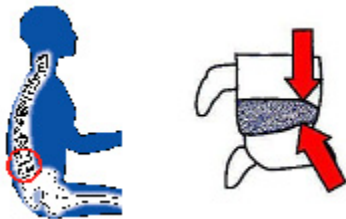
The Three-Fold Effect



1. Support of the Pelvis (to prevent it from rotating backwards)
2. Support of Lumbar Vertebrae
3. Vertical Support of Upper Body

The Problem:

Lack of a Lumbar Support:

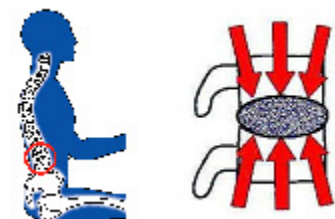


Causes

Increased muscle activation
Increased tension on ligaments
Increased pressure on the discs
Decreased comfort

The Solution:

Correct Lumbar Support



Decreased muscle activation
Decreased tension on ligaments
Decreased pressure on the discs
Increased comfort