

Chiropractor Report

Resolute 24-Hour Usage Certified High Weight Capacity Chair

BCM/L1305/BK – BCM/L1305/BL – BCM/L1305/GY

Evaluated by:

Robert Bateman BSc DC DCHA

Doctor of Chiropractic

Spinal Health Specialist

1. High Back, Contoured Mesh Backrest

Posture benefits:

- Supports the full spine (lumbar → mid-back → upper back) to keep the natural S-curve.
- Encourages upright or slightly reclined sitting instead of slumping.
- Contouring helps keep the pelvis and upper body aligned so you don't drift forward.

Ergonomic benefits:

- Reduces postural muscle fatigue in the thoracic and lumbar areas.
- Mesh improves airflow, so you're less likely to fidget into poor postures from heat.
- Distributes load more evenly across the back, reducing local pressure points.

2. Removable Lumbar Cushion

Posture benefits:

- Reinforces the natural lumbar lordosis and stops "C-shaped" sitting.
- Lets different body shapes pick the lumbar depth that actually fits.
- Helps keep the pelvis from rolling backward.

Ergonomic benefits:

- Lowers disc pressure in the lower back by keeping a more neutral spine.
- Supports users with a history of low-back sensitivity so they can sit supported longer.
- Removability prevents irritation from overly aggressive lumbar pads.

3. Tilt-Adjustable Headrest

Posture benefits:

- Reinforces the natural lumbar lordosis and stops “C-shaped” sitting.
- Lets different body shapes pick the lumbar depth that actually fits.
- Helps keep the pelvis from rolling backward.

Ergonomic benefits:

- Lowers disc pressure in the lower back by keeping a more neutral spine.
- Supports users with a history of low-back sensitivity so they can sit supported longer.
- Removability prevents irritation from overly aggressive lumbar pads.

4. Large Moulded Contoured Seat Cushion with Waterfall Edge

Posture benefits:

- Larger surface area lets you sit fully back so the backrest and lumbar can work.
- Contouring stabilizes the pelvis, supporting a neutral lumbar curve.
- Waterfall edge stops the front of the seat from pushing the pelvis into a bad position.

Ergonomic benefits:

- Better pressure distribution over thighs and sitting bones = less fidgeting = more consistent posture.
- Waterfall edge reduces pressure on the back of the thighs, supporting circulation.
- Larger seat supports larger users without forcing them into a narrow, asymmetrical sit.

5. Padded Arm Rests that Fold Back

Posture benefits:

- When in use, they support the forearms so shoulders can stay relaxed and down.
- Help maintain elbows at roughly 90° for keyboard/mouse work.
- Fold-back function lets you get closer to the desk without shrugging or leaning forward.

Ergonomic benefits:

- Reduces loading on the neck/shoulder muscles (upper traps, levator scapulae).

- Lessens risk of overuse strain from unsupported arm weight.
- Removable/flip-back option prevents twisted or side-sitting postures caused by fixed arms.

6. Lockable Tilt Mechanism

Posture benefits:

- Lets you switch between upright and reclined postures (dynamic sitting).
- Allows you to lock in a spine-friendly angle (often 100–110°) instead of a rigid 90°.
- Supports the torso in the chosen position so you don't have to "hold" it with your back muscles.

Ergonomic benefits:

- Postural variation improves disc nutrition and reduces stiffness from static sitting.
- Slight recline reduces compressive forces on the lumbar spine.
- Makes micro-breaks easier without leaving the chair.

7. Tension / Weight-Control Adjustment

Posture benefits:

- Lets the user set how easy/hard it is to recline so posture stays controlled, not floppy.
- Matches recline resistance to body weight — heavier users don't fall back, lighter users don't have to fight the chair.
- Keeps the spine in a smooth, supported recline that maintains lumbar support.

Ergonomic benefits:

- Encourages gentle, frequent recline → more movement, better for the spine than staying still.
- Prevents sudden backward drops that can jar the low back or neck.
- Proper tension lets the backrest carry more of the upper-body load, reducing ongoing muscle effort.
- Makes people actually use the recline feature, which improves circulation and reduces stiffness.

8. Bariatric / Larger-User Design (wider, sturdier build)

Posture benefits:

- Extra width/depth lets larger users sit centered instead of perched or twisted.
- Proper fit means the backrest, lumbar and headrest all make contact as designed.

- Greater stability reduces subtle leaning or compensations.

Ergonomic benefits:

- Better pressure distribution = fewer discomfort triggers → posture lasts longer.
- Stronger frame/stability keeps support consistent under higher loads.
- A chair that actually fits the body reduces overall fatigue and makes healthy sitting realistic.

