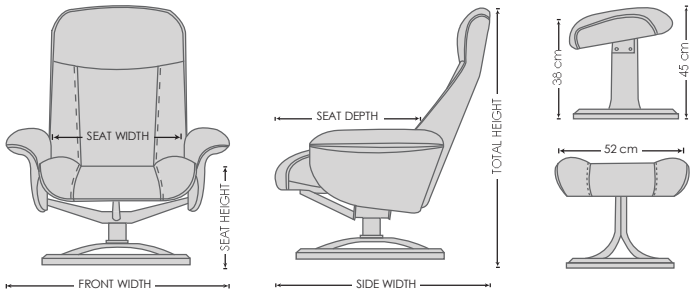


# FACTS ABOUT THE RONDO RECLINER & OTTOMAN



## DIMENSIONS



Reported by Reuters Health, November 29, 2006

# HEALTH

## Sitting up straight strains backs

**Mom was wrong to scold you about sitting up straight**

By Megan Rauscher  
ILLUSTRATION BY JEFFREY M. HARRIS

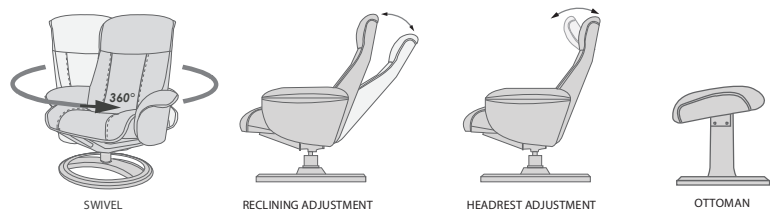
The spools still echo in many... but science is

as it turns out, sitting upright in a 90-degree position places more strain on the back than sitting slightly reclined in a 135-degree position.

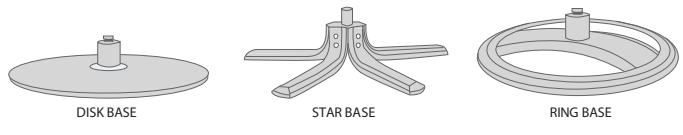
So for desk-bound workers who want to protect their backs, it is advised that they find a chair with the ability to recline at 135-degrees. This may be all that is necessary to prevent chronic back pain for employee

22 healthy adults with no history of back pain or back surgery sat in three different

## FUNCTIONS



## BASE OPTIONS



CHAIR SIZE	FRONT WIDTH	SIDE WIDTH	TOTAL HEIGHT	SEAT WIDTH	SEAT HEIGHT	SEAT DEPTH
LARGE-SIZED (302)	85cm	82cm	101cm	56cm	44cm	51cm
STANDARD (202)	79cm	80cm	99cm	51cm	44cm	49cm

