

Who the hell are you anyway?

Contributed by Ergonomic Man
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So who the hell am I you ask? I'm just a guy who is tired, tired, tired of sitting on crappy chairs. I've worked on computers my entire adult life and as I've hit my mid 30's, it's really started to take a toll on my work and play. I've tried so many ergonomic chairs, back braces, cushions, back exercises, rock climbing harnesses...I can barely keep track of it all. So I figured, what the hell, I might as well start reviewing this stuff so that people with lower back pain such as mine can find a somewhat objective source of information. If you search on most of the major search engines, you find the same batch of web sites and manufactureres over and over again, with little variation, and not nearly enough information from people who have actually tried the chairs. One of my biggest aggravations in finding a decent computer chair has been the fact that there is almost never anywhere to try one before you shell out hundreds, or more often, thousands of dollars for one of the more sophisticated chairs. After hundreds of miles and hundreds of hours spent researching every chair I could find in my area, I was both surprised and saddened by the fact tha most of them fall short for me. In fact, the best thing I've been able to find for my own lower back problems (mostly in my sacral joint region...L5-S1) is a cheap little back support called a "BackUp" by NadaChair. So this site is basically giong to chronicle my attempt to find something more chair-like, that works as well or better than the NadaChair back brace. Based on my experience so far, I'm somewhat pessimistic that I will find something that really solves the problem, but rest assured, I am open to any and all solutions. If you know of a product that is especially well suited to relieving low back pain caused by sitting, please let me know. If you are willing to write a good review, I might even post it. Also, as an attempt to solicit content without having to pay for it, I am willing to let any contributors post their own affiliate link in their submission so that if it is approved you might actually generate a little cash and web site traffic for your efforts. I don't know if there will be any interest in that idea or not, but either way, I'm posting all my rants and raves about every chair I try and I hope it helps someone. If nothing else, it will serve as a testament to the fact that I really HAVE tried everything and will make me feel better about complaining about how much my back hurts all the time.