

Healthy Posture Guide – Why an Under-Desk Footrest Completes Your Ergonomic Workstation

Why Every Ergonomic Setup Needs a Footrest

An under-desk footrest is one of the most essential accessories for achieving a healthy, ergonomic workstation. When your chair height is raised so your hands and wrists stay parallel to your desk, your feet often lose firm contact with the floor. This imbalance creates pressure on your lower back, thighs, and spine, leading to fatigue and poor posture.

Adding a supportive ergonomic footrest restores balance — allowing your feet to rest comfortably, your hips to stay open, and your spine to align naturally. It helps you sit fully back in your chair while maintaining an upright, neutral posture all day long.

Especially Important for Petite or Short Users

A footrest is essential for people under 5'5" tall, petite users, or anyone with shorter legs. When feet can't reach the floor, pressure builds under the thighs and circulation decreases. A properly positioned footrest supports the legs, reduces spinal strain, and ensures smaller users can maintain the same ergonomic alignment and comfort as taller individuals.

For most users, a surface angle height of 7 inches or more provides ideal comfort and support.

How to Use a Footrest for Proper Ergonomic Posture

- Adjust your chair height so your elbows stay level with your desk surface.
- Place the footrest so your knees form a 90-degree angle or slightly below hip level.
- Keep your feet flat and relaxed — avoid resting them on your chair base.
- Use any rocking or tilting motion to promote natural leg movement and circulation.
- Combine your footrest with an ergonomic chair for full-body balance.

Benefits of an Under-Desk Footrest

- Enhances circulation and reduces leg fatigue.
- Encourages upright posture and spinal alignment.
- Reduces lower-back and hip pressure.
- Promotes active sitting with flexible surface motion.
- Ideal for petite or short users to achieve ergonomic balance.
- Completes your healthy workstation setup with your ergonomic chair.

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