MUSIC POSTURE CHAIRS

COMPARISON SHEET







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Music Posture Chair Features to Enhance Musicianship	Student Chair	Nota®	Nota® conBRIO®
Respiratory system free to function efficiently	X *	\mathbf{X}^*	X *
Spinal column in balance, encouraging natural sacra-lumbar curve	X	X *	X
Accommodates both forward and back positions on the seat while still encouraging natural sacra-lumbar curve		X *	X
Freedom of movement for upper body, arms and hands to properly support and manipulate an instrument		X *	X
Encourages fluidity of motion to assist circulation and prevent muscle rigidity		X*	X *
Provides lumbar support		X *	X *
Accommodates angled seating		X *	X *
Facilitates easy movement between positions		X *	X *
Proper leg support to promote better circulation		X *	X *
Dynamic mobility prevents muscle fatigue, allowing better pos- tural response and anticipatory adjustments required for fine motor dexterity			X*

^{*} Only when seated all the way back and straight in the chair













