

# MUSIC POSTURE CHAIRS COMPARISON SHEET



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

\* Only when seated all the way back and straight in the chair

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