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Best Office Chairs of 2024

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Reviewed by **Marlo Jappen Porto**

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If you spend a lot of time at your desk, you'll want to purchase one of the best office chairs available to make sure your body is comfortable and supported. When it comes to comfort, a suitable office chair should be adjustable so you can find the right height and reclining angle to fit your needs. Additionally, it should have enough padding to guarantee long-term comfort, and it should feature breathable material to prevent you from overheating.

However, ergonomics consultant [Sandi Danilowitz](#) shares that even a good office chair isn't one-size-fits-all. "It's like Goldilocks," Danilowitz says. "It doesn't always work for everybody. So I always encourage people to try the chair before buying. It is a big purchase and you are going to be spending a lot of time in it."

We did the work for you by researching office chairs and assembling a list of the best options for various needs.

Table of Contents

[Best Office Chairs](#)

[Things To Consider When Buying](#)

[How We Chose](#)

[More +](#)

Our Top Picks

Best Overall: [Branch Verve Chair](#) »

[Jump to Review](#) ↓

Best Budget: [FlexiSpot OC3B Ergonomic Office Chair](#) »

[Jump to Review](#) ↓

Best Ergonomic: [Autonomous ErgoChair Pro](#) »

[Jump to Review](#) ↓

Most Stylish: [Laura Davidson Soho II Padded Management Chair](#) »

[Jump to Review](#) ↓

Most Versatile: [Herman Miller Aeron Chair](#) »

[Jump to Review](#) ↓

Best for Heavy People: [Steelcase Gesture](#) »

[Jump to Review](#) ↓

Best Overall

Branch Verve Chair »



PROS:

CONS:

including adjustable
lumbar support

- ✓ A good mix of features for a mid-range price
- ✓ Soft knit backing adds comfort

people (more than 275
pounds)

- ✗ Some reviewers say it can be easy to adjust the armrests by mistake

[Buy From Amazon](#)

This chair offers a good range of ergonomic support with a steep price tag. Moreover, it manages to integrate support into a pretty sleek and stylish package without an array of protruding levers and knobs, as can be the case with more expensive chairs that feature more adjustable components.

Alongside standard adjustable features like height and seat depth, the Verve has a movable lumbar support to help support your spine’s S-curve. You can adjust the height of the armrests, too, although some reviewers say that it can be easy to do this by mistake. While this isn’t a dealbreaker, it’s something to keep in mind.

The Verve is available in six colors, like neutral black or gray, as well as pastel tones like coral or mint. Costing \$549, this mid-price option comes with a fairly generous seven-year warranty.

Specs:

Price:	\$549
Dimensions:	27 in. W x 27 in. D x 37-41 in. H
Material:	100% polyester
Weight Capacity:	275 lbs.

[Buy From Amazon »](#)

Best Budget

FlexiSpot OC3B Ergonomic Office Chair »

**PROS:**

- ✓ Mesh back makes for good temperature control
- ✓ Features a headrest
- ✓ Great ergonomic features considering the low price tag

CONS:

- ✗ Short warranty (one year)
- ✗ Minimal color choices

[Buy From Amazon](#)

This model from California-based workplace furniture company FlexiSpot proves that buying a budget-friendly office chair doesn't mean giving up on ergonomic support. It has adjustable armrests and a tilt tension mechanism that allows users to alter the chair's tilt to fit their preferences.

Additionally, this chair has movable lumbar support to fit the curve of your spine and a headrest (a feature that's sometimes missing from budget chairs). Plus, the chair's mesh construction boosts comfort and air circulation.

While this office chair is functional, it doesn’t stand out for its aesthetics. It only comes in two color options – gray and black – but these neutrals can work with almost any decor.

Specs:

Price:	\$159.99
Dimensions:	25.5 in. W x 21.26 in. D x 45.3-52 in. H
Material:	Mesh and nylon
Weight Capacity:	230 lbs.

[Buy From Amazon »](#)

Best Ergonomic

Autonomous ErgoChair Pro »



PROS:

✓ Offers comfort for back pain

✓ Designed to support the spine

✓ Adjustable headrest

CONS:

✗ Neutral but not particularly stylish in design

✗ Somewhat short two-year warranty

Buy From Autonomous

For thorough ergonomic support, the Autonomous ErgoChair Pro offers a host of features to keep your posture right, all without breaking the bank thanks to its sub-\$500 price tag. It’s highly adjustable (all typical parts like armrests and height can be adjusted), and it offers neat features like synchro-tilt, which moves the chair’s back and seat together as you recline, ensuring that your legs and lower back aren’t strained.

The backrest is adjustable and provides lumbar support to keep your posture in shape while remaining soft on your spine – a perk for anyone with back pain. The headrest can be adjusted (which isn’t always the case with office chairs) to discourage hunching and prevent neck pain. Plus, the relatively wide seat should accommodate a range of body types. Design-wise, it’s not the most striking chair around, but it’s available in six colors (including black, blue, red, and green). Most importantly, you can expect ergonomic comfort from this chair, thanks to its excellent padding, as well as a mesh back to keep you cool.

Specs:	
Price:	\$499
Dimensions:	29 in. W x 29 in. D x 46-50 in. H
Material:	Polyester fabric
Weight Capacity:	300 lbs.

[Buy From Autonomous »](#)

Most Stylish

Laura Davidson Soho II Padded Management C...



PROS:

- ✓ Relatively affordable given its upscale design
- ✓ Available in a range of colors
- ✓ Quick and uncomplicated to assemble

CONS:

- ✗ Not many adjustable features
- ✗ Shorter warranty (two years) compared to some competitors

[Buy From Amazon](#)

This office chair from Laura Davidson adds style to your space without sacrificing comfort. It features a mid-century modern design with smooth

faux-leather upholstery, and comes in 10 color options.

It has relatively few adjustable features (for example, the arms can't be moved). However, the basics are there – it can be tilted and locked in place, and the chair's height can be easily changed – and it's still comfortable and supportive. This chair can accommodate individuals of up to 400 pounds.

Specs:

Price:	\$395
Dimensions:	25 in. W x 25 in. D x 33-36.5 in. H
Material:	Vegan leather
Weight Capacity:	400 lbs.

[Buy From Amazon »](#)

Most Versatile

Herman Miller Aeron Chair »

**PROS:**

- ✓ Available in three different sizes and lots of customizable options
- ✓ Generous 12-year warranty
- ✓ Doesn't require assembly

CONS:

- ✗ Steep price
- ✗ No headrest

[Buy From Herman Miller](#)

For those who like options, this model from Herman Miller is worth checking out. You'll just have to pay a particularly high price – approaching \$2,000 – for the luxury. The Aeron is highly adaptable and customizable: Not only is it sold in three sizes, but it's also possible to pick and choose certain features. These include a choice between stationary arms and arms that can be adjusted by width or height, and the choice to include a tilt limiter, which restrains the chair from reclining too much so you can manage your posture and avoid straining yourself. There's even the option to choose different

wheels, depending on whether you'll use the chair on carpet or hard floors. Take note: Choosing extra features will increase the price.

This chair's highly ergonomic design will ensure that you're comfortable and that your body sits right while you're spending long hours at your desk, with great lumbar support and a mesh back that will keep the air flowing.

Specs:

Price:	From \$1,750
Dimensions:	25 ¾ in. W x 16 in. D x 38 ½ in. H (Size A); 27 in. W x 16 ¾ in. D x 41 in. H (Size B); 28 ¼ in. W x 18 ½ in. D x 43 in. H (Size C)
Material:	Pellicle (a mix of elastomeric and polyester)
Weight Capacity:	300 lbs.(Size A); 350 lbs. (Sizes B and C)

[Buy From Herman Miller »](#)

Best for Heavy People

Steelcase Gesture »

**PROS:**

- ✓ Generous 12-year warranty
- ✓ Suitable for body types big and small
- ✓ Large range of color choices

CONS:

- ✗ Quite expensive
- ✗ Headrest costs extra

[Buy From Amazon](#)

Although it's on the expensive side with a price tag of \$1,371, larger folks will feel adequately supported in this chair. It's packed with ergonomic features to make sure users are comfortable and maintain good posture. For example, it has adjustable arms that are highly flexible. It has the company's 3D Liveback feature, which is built into the back of the chair and helps retain your spine's natural S-shape, preventing a hunched back (this is instead of an adjustable lumbar support piece, as on some other office chairs).

The Gesture features cushioning with soft edges to help blood flow and remove a typical pressure point that office chairs can cause. A headrest is an option, but it will cost you extra. It's worth noting that the Gesture isn't only

for big and tall people of up to 400 pounds – it caters just as well to smaller individuals, meaning it'll be suitable if a wide variety of people will be using the chair. As for design, there's no need to settle for a plain black or gray chair with the Gesture, as there's a particularly wide range of colors available, from neutral tones to more vibrant shades like Scarlet, Blue Mint, and Poppy.

Specs:

Price: From \$1,137

Dimensions: 22.4-34.6 in. W x 21-23.6 in. D x 39.3 to 44.3 in. H

Material: Variety of options, including leather or woven polyester

Weight Capacity: 400 lbs.

[Buy From Amazon »](#)

The Bottom Line

When you're shopping for an office chair, keep your budget, needs, and intended use in mind. Someone who plans to use the chair for a 40-hour workweek will likely have different needs than someone who only wants an office chair for occasional use. If you have physical challenges like back pain, it may also be worthwhile to consult a medical expert such as a physiotherapist.

Things To Consider When Buying Office Chairs

Size: It's important to think about the size of an office chair before you buy it to make sure you'll be comfy and well-supported. Consider the chair's dimensions in relation

to your body size. The seat should be wide and deep enough to accommodate your hips and thighs comfortably, but not so deep that it forces you to raise your knees and feet. Be sure to check the seat height and ensure it can be raised or lowered enough to match your desk height: Your arms, when held horizontally, should be at the same height as the desk surface, with your feet flat on the floor and your knees at a 90-degree angle. Armrest height and width also matter; they should be at a level that allows your arms to rest comfortably while keeping your shoulders relaxed (and keep in mind that not all chairs allow you to adjust their armrests).

Generally speaking, standard-sized office chairs will work for people from around 5-foot-5 to 6-feet tall (or at least they'll be adjustable for people in that range), while shorter and taller folks may need to look for chairs catered to their stature.

Chiropractor and licensed acupuncturist [Jasmine Bhoola](#) has a tip to measure if a chair's height is suitable for you: "If you stood in front of the chair, you would want the highest point of the seat below the kneecap."

Weight Capacity: An office chair's weight capacity refers to the maximum amount of weight that it can safely handle. Unsurprisingly, this means a chair with a weight capacity of 300 pounds should not be used by somebody heavier than that, at risk of the chair breaking or other negative effects like its lifespan being shortened. While the standard weight capacity for office chairs is around 250 pounds, this can vary depending on which model you choose. Most manufacturers should list the exact weight capacity for their chair models on their official sites, and the sites of other retailers selling them. People above that threshold may want to look for chairs that are designed for larger individuals, or "big and tall" chairs, as they're sometimes called in the industry. That said, there are chairs around that have larger capacities without being marketed under that "big and tall" label.

Adjustability: Even the cheapest office chairs will usually allow users to adjust the positioning of the chair to fit their needs to some degree, and more upscale chairs may allow for greater adjustments often in line with ergonomic design principles, allowing you to really tailor the chair to your body. Some of the most commonly adjustable parts of office chairs include:

- **Height:** Adjusting the height of the office chair seat allows you to work comfortably without straining to look up or down at a computer.

- **Backrest:** Office chairs may allow you to recline the backrest, or to raise or lower the backrest so that areas like your shoulders or lower back have support. Bhoola, a chiropractor and licensed acupuncturist, says reclinable backrests are key for back support. “It needs to support the small of your lower back.” Meanwhile, Danilowitz, an ergonomics consultant, has advice for finding the right backrest height: “You want the backrest to adjust at least up to your scapula or your shoulder blade. It doesn't necessarily need to go any higher than that.”
- **Lumbar Support:** Some chairs will offer lumbar support (this may resemble a cushion in the lower area of the chair back) that can be moved to fit into the small of your back, maintaining your spine's S-shape.
- **Armrests:** Although not all chairs come with adjustable armrests, if possible, you should have your elbows at a 90-degree angle between the upper and forearms.
- **Seat Depth:** Some office chairs will allow you to shift the seat in or out to make sure it's not poking into the back of your knees or allowing excessive overhang.

Material: For buyers who are concerned with comfort, the material used on an office chair's seat and back will likely be the most important. Fabric-upholstered chairs are quite common and are soft and often fairly breathable. If you run hot while working, looking for a mesh covering (usually only on the back of the chair) may be wise since it allows greater airflow. Leather and faux-leather chairs are also an option, especially for those who want an upscale look, but for real leather, you may pay substantially more. It can be easier to clean but tougher to maintain. Faux leather can also get unpleasantly sticky if you sweat while sitting.

Inside the cushions, most chairs use foam. Higher-density foams, including memory foam, will tend to provide more support. Buyers who are conscious of design and aesthetics may want to consider the types of materials used elsewhere in the office chair design. For example, while plastic is likely a good material from a durability and construction point of view, it may not look so fancy. Therefore, such buyers might find that a chair made with more metal looks more stylish.

How We Chose the Best Office Chairs

Our writer consulted with professionals to gain insight into what makes a top-notch office chair, including [Jasmine Bhoola](#), a New York-based chiropractor and licensed

acupuncturist, and [Sandi Danilowitz](#), an ergonomics consultant. While these experts did not recommend specific chair models, they did give advice on what ergonomic features to look for in an office chair in order to maintain good posture, keep back or neck pain in check, and be comfortable at work. We also looked at professional reviews, with an emphasis on those who consulted medical experts as part of their research process. We considered both how often a particular brand or model was recommended, and performed qualitative analysis regarding the reasons why they were recommended, to help guide our choices. Consumer reviews were sometimes considered, but to a limited extent and only from confirmed buyers, with a careful eye to specific details about what customers liked or disliked about a product (that is, we don't consider simple star ratings).

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Our contributors and editors have years of experience researching, testing, and reviewing products. [Timothy J. Forster](#), the author of this piece, is a freelance lifestyle journalist with years of professional experience analyzing products. In addition to contributing to U.S. News & World Report, he has written for ReWire, Vulture, i-D, Canvas8, Teen Vogue, and Maisonneuve Magazine.

Best Office Chairs FAQ

How long do office chairs last?



What are the best office chairs for back pain?



What's the best type of office chair for sitting for long hours?



About Our Team

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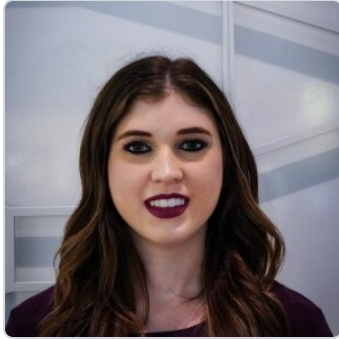
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Tim Forster is a freelance journalist and editor specializing in everything from technology and startups, including consumer technology services and business software. His work can be found in publications including ReWire, Vulture, i-D, Canvas8, Teen Vogue, and Maisonneuve Magazine.

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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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