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Practice Setting: outpatient

Innovation Name: Sit/Stand Chair

Practice Innovation Description:

I have developed a chair designed to support the lumbar spine in both sitting and standing positions. This dual-function design makes it particularly valuable in clinical settings, where it can serve two key purposes: educating patients on proper workplace ergonomics—such as maintaining an upright posture at a standing desk—and supporting clinicians in maintaining better posture during their own workday.

This chair offers a unique innovation not currently available or easily accessible in standard office settings. Its adaptability allows it to provide targeted lumbar support regardless of whether the user is seated or standing. This versatility could significantly impact the field of physical therapy by transforming how we teach and apply ergonomic solutions both in patient education and clinical practice.

The potential benefits of this chair include a reduced incidence of lower back pain and improved daily activity levels, which may also contribute to enhanced mental and physical well-being. Priced affordably at $200–$300, the chair requires minimal training for patients—therapists would simply need to guide users on how to incorporate the chair into their routines to gain the greatest benefit.

The next phase of development involves allocating funds toward the creation of a commercial prototype, which will be used to present the concept to office furniture companies. The chair was developed with insights drawn directly from day-to-day clinical physical therapy practice, making it a logical innovation for the physical therapy community to support and champion.

