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Subject: Stand Up at Desks

Posted by [SamW](#) on Tue, 08 May 2018 06:48:39 GMT

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My girlfriend has serious back problems and has had multiple surgeries since childhood. Sitting at a desk has always been a problem for her - finding the right chair is impossible. A physiotherapist told her to stand at her desk - or rather to buy a desk that is designed, ergonomically, to be stood at rather than sat at.

That was 3 years ago and she's a devotee of standing at her "stand up at desk" now.

I tried after suffering a slight back strain and I'm converted too. My back is fine now - but I find that I'm much more comfortable and productive when standing rather than sitting. And I'm at my desk for about 8 hours a day. I tire less quickly and I feel generally more energized. I've had my "stand up at desk" for 5 months and I'm keeping it. (There's so much more floor space too with no desk chair!)

You have to get the height for your keyboard correct for your height - and that's about it.

Does anyone else stand at their desk?

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