

ERGONOMIC FOOTREST BUYING GUIDE

PURPOSE

This guide identifies key ergonomic footrest features, why they matter, and their relative impact on lower-body posture and comfort. Not every footrest needs every feature; priority should be given to features that best promote neutral leg posture and reduce pressure on the thighs and lower back.

HIGHEST IMPACT

FEATURE	WHY IT MATTERS	RECOMMENDED	AVOID
HEIGHT ADJUSTABILITY	Promotes proper leg support and reduces pressure under the thighs	Adjustable range of 2–6 in	Fixed height
PLATFORM SIZE	Supports both feet comfortably	Minimum 17 in W × 12 in D	Small or narrow platforms
NON-SLIP SURFACE	Prevents feet from slipping during use	Textured rubber or high-friction surface	Smooth plastic surfaces
STABILITY	Keeps footrest securely in place	Wide base with non-skid feet	Slides or tips easily

SECOND TIER IMPACT

FEATURE	WHY IT MATTERS	RECOMMENDED	AVOID
TILT ADJUSTMENT	Encourages ankle movement and accommodates different sitting postures	Adjustable 10°–30°	Fixed angle only
ROCKING FEATURE (OPTIONAL)	Promotes circulation and reduces static posture	Smooth, controlled rocking motion	Excessive or unstable movement
ANGLE LOCK	Allows users to choose between fixed or free movement	Lockable tilt position	No locking capability

THIRD TIER IMPACT

FEATURE	WHY IT MATTERS	RECOMMENDED	AVOID
SURFACE MATERIAL	Improves comfort and durability	Durable plastic or rubberized finish	Slick or easily worn surfaces
WEIGHT CAPACITY	Ensures safe use	Rated for typical office use (≥ 250 lb.)	Unrated products
EASE OF ADJUSTMENT	Encourages users to fine-tune the fit	Adjustments made without tools	Tool-required adjustments
PORTABILITY	Makes repositioning easier	Lightweight with integrated handle (optional)	Bulky, difficult-to-move designs

WHEN IS A FOOTREST RECOMMENDED?

A footrest may improve comfort and posture when:

- Your feet do not rest flat on the floor after adjusting your chair to the correct desk height.
- The front edge of the chair places pressure behind your knees.
- You frequently tuck your feet under your chair or wrap them around the chair base.
- You prefer periodic changes in leg position throughout the day.

GENERALLY AVOID

- Fixed-height footrests
- Platforms that are too small to support both feet
- Lightweight footrests that slide across the floor
- Overly soft or cushioned footrests that reduce stability
- Designs with unnecessary complexity that discourage adjustment