



Stressless® Swing Table is Ergonomically Friendly

From now until September 7, consumers who purchase any Stressless® chair (excluding Dream and Spirit) will receive a free Stressless® Swing Table, a \$150 value.

July 2, 2009 - [PRLog](#) -- CONTACT: Travis Garrish

Forma Furniture
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STRESSLESS® SWING TABLE IS ERGONOMICALLY FRIENDLY

Receive a Stressless® Swing Table with any Stressless® Chair Purchase

Fort Collins, CO, July 01, 2009 – The importance of ergonomics is becoming more and more apparent both at work and at home. Ergonomics is a discipline that focuses primarily on human injury and risk reduction through the design and configuration of equipment, properly balanced with the human body and articulating joints.

The American Academy of Orthopedic Surgeons says about 4 million people in the U.S. seek medical care each year for shoulder sprain, strain, dislocation, or other problems. Many of these injuries come from repetitively reaching for items. Orthopedic specialists now recommend keeping all needed items in a half circle area within elbows reach or in an 18-inch radius from the body.

The product designers at Ekornes took this into account when designing the removable wooden Swing Table for its Stressless® recliners. The Swing Table keeps everything at arm's reach including books, drinks and even the remote control. And, true to its name, when not in use, it conveniently swings away and rests at the side of the chair.

From now until September 7, consumers who purchase any Stressless® chair (excluding Dream and Spirit) will receive a free Stressless® Swing Table, a \$150 value.

Available exclusively at Forma Furniture, Colorado's leading Stressless and Scandinavian furniture store, located at 2834 S. College Ave Fort Collins, Colorado. Ekornes' Stressless® seating is endorsed by the American Chiropractic Association (ACA) for proper head and lumbar support which can help prevent back and neck pain.

Stressless® Seating by the Innovators of Comfort™

According to the ACA, approximately 80 percent of the population experiences spinal pain at some point in their lives, and Americans spend at least \$50 billion each year on back pain alone.

"The beauty of the lumbar support system in Stressless® seating," says Travis Garrish, owner of Forma Furniture "is that it offers continuous support, matching the changing contours of your lower back even as the chair glides to recline."

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The ACA says that a proper seating position is crucial for good spinal health. ACA experts recommend sitting with the knees slightly higher than the hips, with the head up and the back straight, while trying to maintain the natural curve in the lower back.

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About Forma Furniture

Owners Travis and DeeAnn Garrish opened Forma Furniture of Fort Collins Colorado in 2004. They are a Scandinavian Contemporary Furniture retailer showcasing a large selection of Ekornes Stressless recliners, bedroom, dining room, living room, and office furniture. Forma Furniture also carries a variety of contemporary furniture from Denmark, Norway, Italy, and other countries. They represent manufacturers such as Jesper, Skovby, Lazar, Mobican, Moroni, and Copeland to name a few. Visit our website www.formafurniture.com to see our incredible collection from around the world.

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Scandinavian Contemporary Furniture Store, located in Fort Collins CO. Represent vendors such as Ekornes, Mobican, Moroni, Skovby, Lazar, and Copeland.

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