

Backrest/Lumbar Support Height

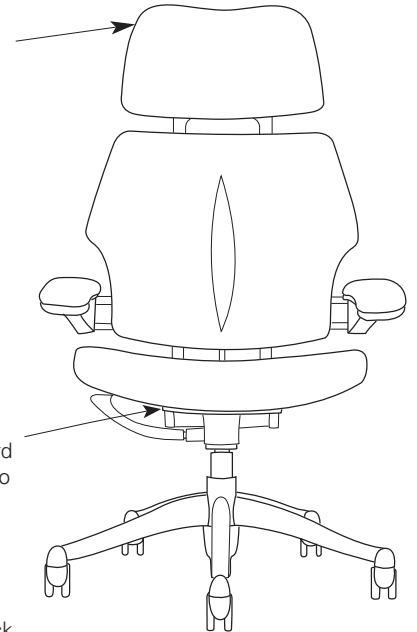
While seated, grasp backrest with both hands on lower corners. Squeeze handle at right with fingertips and move backrest to most comfortable height.

Seat Height

Lift up on lever under right side of seat cushion and position chair to a comfortable height with your thighs parallel to the floor and your feet fully supported by the floor or footrest. Release lever.

Optional Headrest

Grasp headrest with both hands and move to desired position. The dynamic, position-sensitive headrest cradles your head and neck as you recline, and moves out of the way when you sit upright automatically.



Seat Depth

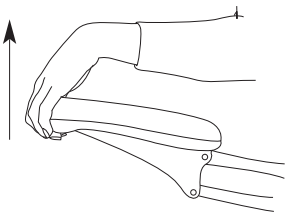
Lift up on lever under forward edge of seat and slide seat to a position such that when you're sitting with your back fully against the backrest, there are 2 - 4 inches of clearance between the front edge of the seat and the back of your knee. Release lever.

Synchronous Armrests

Freedom's body-friendly, gel armrests move up and down together and stay with you during recline, always keeping you in supported balance. Both of the gel-cushioned armrests on Freedom can be adjusted synchronously without touching any release buttons. Lower them all the way for close desk work.

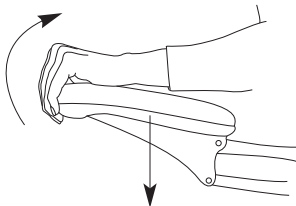
To Raise

Gently pull upward on the armrests and raise to desired position. They will automatically lock in place when released.



To Lower

Place hand on armrest as pictured and rotate wrist toward you (as if revving a motorcycle) to disengage. Lower to desired position. The armrests will automatically lock in place when released.



Advanced Armrests (Optional)

Push the inside of the armrest outward (or away from the body) in a lateral motion. The armrest will automatically remain in position you last put it in, without the use of a button.

