

Choosing Table Height

The table height is the distance from the floor to the top of the table's cushions.

To determine the best height for you, we recommend that you measure from the floor to the bottom or middle of your patella (with shoes on). Please also take into consideration your body proportions and adjusting style.

The chart below may assist you in choosing an appropriate table height.

Table Height

	14"	15"	16"	17"	18"	19"	20"	21"	22"	23"	24"
5'-0"	X	X	X								
1"		X	X	X							
2"			X	X	X						
3"			X	X	X						
4"				X	X	X					
5"				X	X	X					
5'-6"					X	X	X				
7"					X	X	X				
8"						X	X	X			
9"						X	X	X			
10"							X	X	X		
11"								X	X	X	
6'-0"								X	X	X	
1"								X	X	X	
2"									X	X	X
3"									X	X	X
4"										X	X
5"											X
6"-6"											X

Your Height (shoes on)



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