

Monitor Arms & Accessories

Q1. Why should I use a monitor arm instead of the included monitor stand?

A: The monitor stand included with most displays provides only a single fixed or minimally adjustable position — typically a narrow tilt range with no height, depth, or rotation adjustment. This means the monitor is positioned at whatever height and distance the stand's design allows, regardless of what position would be ergonomically correct for the specific user. For users whose optimal viewing height differs significantly from what the stand provides, the result is sustained neck tilt that contributes to cervical fatigue and headaches. A monitor arm replaces the stand with a fully adjustable positioning system. A quality monitor arm provides independent height, depth, tilt, and rotation adjustment — allowing the monitor to be precisely positioned so the top of the screen is at or slightly below the user's eye level, at the ergonomically appropriate viewing distance (20"–28"), and in the correct tilt for the screen content and the user's posture. This precise positioning reduces neck and eye strain for users who sit at their computers for 6+ hours daily. Monitor arms also recover significant desk surface area. The included stand typically has a base footprint of 8"–10" deep by 10"–14" wide — consuming a large portion of the front portion of the desk. Removing the stand and mounting the monitor on an arm frees this entire footprint, reclaiming 80–140 square inches of valuable desk work area. In small or shared workstations, this reclaimed space is a meaningful functional improvement.

Q2. What weight capacity does my monitor arm need to support?

A: Monitor arm weight capacity must match or exceed the weight of the monitor it will support. Most standard desktop monitors (24"–27") weigh 8–14 lbs without the stand. Large monitors (32"–34") weigh 12–20 lbs. Ultrawide monitors (34"–49") can weigh 18–28 lbs or more. Always verify the monitor's actual weight from the manufacturer's specification sheet — marketing listings sometimes omit stand weight but include it in the "weight with stand" specification, which is not relevant for an arm mount. Select an arm with a capacity rating of at least 20% above your monitor's actual weight. This buffer ensures the arm's tension springs or gas cylinder operate in the middle of their effective range — providing smoother adjustment and longer mechanism life — rather than at the edge of capacity. A 14 lb monitor on an arm rated for exactly 14 lbs is operating at maximum capacity; the same monitor on an arm rated for 17–20 lbs is comfortably within range. For dual-monitor arms (supporting two monitors on a single mounting base), total capacity must be verified separately. The stated capacity of a dual-arm applies to the combined weight of both monitors. Two 24" monitors weighing 10 lbs each require a dual arm rated for at least 22–24 lbs total (20+ lb capacity plus buffer). Overloading a dual arm causes the mechanism to creep downward over time under the sustained weight, requiring frequent readjustment.

Q3. How do monitor arms attach to a desk?

A: Monitor arms use three primary attachment methods: C-clamp, grommet mount, and desk-through (bolt-through) mount. C-clamp mounts grip the desk edge with a mechanical clamp — the most common and easiest to install, requiring no holes in the desk. They work with desk thickness from approximately 3/4" to 3.5". The clamp must be tightened firmly to prevent the arm from rotating or lifting under monitor weight; verify the clamp is rated for at least 150% of the monitor's weight for safe, stable mounting. Grommet mounts pass a threaded post through an existing hole in the desk surface (a standard cable grommet hole, typically 2"–3.5" in diameter) and secure with a nut from the underside. Grommet mounts are more stable than C-clamps for heavier monitors because the force is distributed through the desk thickness rather than concentrated at the desk edge. For ultrawide or dual-monitor arms supporting more than 20 lbs, a grommet or through-bolt mount is recommended. Wall mounts — where the arm attaches to the wall rather than the desk — are the most stable option for heavy monitors, multiple-display setups, or environments where the desk surface is too thin or too glass to support a desk-mount arm. Wall mounts require a solid structural wall (stud framing or masonry) for secure attachment. They free the desk surface entirely from any arm hardware but are permanently positioned — the desk can be moved without relocating the monitor.

Q4. What VESA mounting standard does my monitor use?

A: VESA (Video Electronics Standards Association) defines a standardized pattern of four bolt holes on the back of a monitor used to attach the stand or arm. The most common VESA patterns are: 75x75mm (four holes, 75mm center-to-center in both horizontal and vertical directions) and 100x100mm. Almost all monitors with arms and stands designed for VESA mounting use one of these two patterns. Some larger monitors (27"+ and ultrawide) use 100x200mm or 200x200mm. To identify your monitor's VESA pattern: check the product specification page on the manufacturer's website, or remove the original stand and measure the distance between the four bolt holes directly. The VESA pattern is always listed in the monitor's technical specifications under "mounting" or "stand" specifications. Both 75x75 and 100x100 patterns use M4 screws; the bolt hole diameter is 4mm and the standard bolt length is 6mm (longer bolts may damage the monitor if they reach internal components). Some monitors — particularly ultra-thin models, all-in-one computers, or certain consumer displays — are not VESA-compatible and cannot be mounted on standard monitor arms without an adapter. Verify VESA compatibility before purchasing a monitor arm. If the monitor is not VESA-compatible, check whether the manufacturer or third-party suppliers offer a monitor-specific adapter bracket. For monitors without any VESA or adapter option, a monitor stand riser is the appropriate alternative.

Q5. How high should my monitor be positioned?

A: The standard ergonomic guideline is to position the top of the monitor screen at or slightly below eye level when seated in correct posture. "Slightly below" means 0"–2" below eye level — not 5" or 8" below, which forces a sustained forward head tilt. The center of the screen should be approximately at eye level for most display tasks. For tasks that concentrate activity in the lower portion of the screen (reading long documents, working in a spreadsheet), positioning the screen 2"–3" lower than eye level (so the eye is near the top of the viewing area) is more comfortable. To determine the correct monitor height for a specific user: sit in the chair in proper posture and mark or measure the height of the eyes above the floor. This gives the target height for the top of the screen. Subtract the monitor's vertical screen height from this number to find the required center height, or use the mark as the direct target for the top of the screen. Adjust the monitor arm to this height, then fine-tune in small increments based on comfort during actual use. Bifocal lens wearers are a special case. Standard bifocal glasses require the user to tilt their head back to use the near-vision portion of the lens for screen reading — which requires the monitor to be positioned lower than the standard guideline, typically with the center of the screen at chin level rather than eye level. Users with progressive or no-line bifocals should set the monitor position during actual lens use to confirm the correct height.

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