What is claimed is:

1. A support apparatus comprising:

an arm assembly, the arm assembly having a first end and a second end;

a support assembly, the arm assembly being moveably attached to the support assembly;

a gas spring extending between the first end of the arm assembly and the second end of the arm assembly, the gas spring having a first end and a second end opposite the first end, the gas spring attached to the arm assembly such that the arm assembly is maintained in a plurality of different positions after the arm assembly is moved relative to the support assembly to any one of the positions;

a mounting device attached to the arm assembly, the mounting device sized to retain a display device;

a vertically adjustable attachment mechanism directly attaching the first end of the gas spring to one of: the arm assembly and the support assembly, the vertically adjustable attachment mechanism sized and shaped such that a vertical position of the first end of the gas spring is adjustable via movement of at least one component of the vertically adjustable attachment mechanism, wherein the vertically adjustable attachment mechanism is comprised of a receiving body attached to the arm assembly; and

a mechanical tool; and

wherein the receiving body is affixed to the first end of the arm assembly and wherein the vertically adjustable attachment mechanism further comprises a rotatable member that is attached to the receiving body, the rotatable member being rotatable in a first direction and in an opposite second direction, rotation of the rotatable member in the first direction raising a position of the first end of the gas spring, rotation of the rotatable member in the second direction lowering a position of the first end of the gas spring, the at least one component of the vertically adjustable attachment mechanism being comprised of the rotatable member;

wherein the mounting device releaseably retains the mechanical tool and wherein the mechanical tool is usable to adjust a vertical position of the first end of the gas spring via rotation of the rotatable member of the vertically adjustable attachment mechanism caused by the mechanical tool engaging the rotatable member while rotating to rotate the rotatable member; and

wherein the first end of the gas spring is directly attached to the rotatable member.

2. The support apparatus of claim 1 wherein the arm assembly is comprised of a first arm member positioned between the first end and the second end of the arm assembly, the vertically adjustable attachment mechanism being attached to an end of the first arm member for directly attaching the first end of the gas spring to the arm assembly and wherein the mounting device is attached to the second end of the arm assembly.

3. The support apparatus of claim 1 further comprising a mounting mechanism attached to the support assembly, the mounting mechanism being comprised of a clamp and wherein the mounting device comprises a mounting plate sized and configured for attachment to the display device.

4. The support apparatus of claim 1 wherein the receiving body is moveably attached to the arm assembly.

5. The support apparatus of claim 1 wherein the vertically adjustable attachment mechanism further comprises a nut or moveable body attached to or positioned on the first end of the gas spring, the nut or moveably body also being moveably attached to the rotatable member such that rotation of the rotatable member causes the nut or moveable body to move along the rotatable member to change a vertical position of the first end of the gas spring, the at least one component of the vertically adjustable attachment mechanism also being comprised of the nut or the moveable body.

6. The support apparatus of claim 5 wherein the first end of the gas spring has a hole that is sized to receive the rotatable member and the first end of the gas spring is positioned on the nut or moveable body such that vertical movement of the nut or moveable body causes the first end of the gas spring to move vertically.

7. The support apparatus of claim 1 wherein the rotatable member is a bolt or a screw that has a length, the length extending substantially vertically.

8. The support apparatus of claim 1 wherein the receiving body is immovably affixed to the first end of the arm assembly such that the receiving body does not move independent of the first end of the arm assembly.

9. The support apparatus of claim 1 wherein the arm assembly is comprised of at least one arm member.

10. A support apparatus comprising:

an arm assembly, the arm assembly having a first end and a second end;

a support assembly, the arm assembly being moveably attached to the support assembly;

a counterbalance mechanism extending between the first end of the arm assembly and the second end of the arm assembly, the counterbalance mechanism having a first end and a second end opposite the first end, the counterbalance mechanism attached to the arm assembly such that the arm assembly is maintained in a plurality of different positions after the arm assembly is moved relative to the support assembly to any one of the positions;

a mounting device attached to the arm assembly, the mounting device sized to retain a display device;

a vertically adjustable attachment mechanism directly attaching the first end of the counterbalance mechanism to one of: the arm assembly and the support assembly, the vertically adjustable attachment mechanism sized and shaped such that a vertical position of the first end of the counterbalance mechanism is adjustable via movement of at least one component of the vertically adjustable attachment mechanism, wherein the vertically adjustable attachment mechanism is comprised of a receiving body attached to the arm assembly; and

a mechanical tool; and

wherein the receiving body is affixed to the first end of the arm assembly and wherein the vertically adjustable attachment mechanism further comprises a rotatable member that is attached to the receiving body, the rotatable member being rotatable in a first direction and in an opposite second direction, rotation of the rotatable member in the first direction raising a position of the first end of the counterbalance mechanism, rotation of the rotatable member in the second direction lowering a position of the first end of the counterbalance mechanism, the at least one component of the vertically adjustable attachment mechanism being comprised of the rotatable member;

wherein the mounting device releaseably retains the mechanical tool and wherein the mechanical tool is usable to adjust a vertical position of the first end of the counterbalance mechanism via rotation of the rotatable member of the vertically adjustable attachment mechanism caused by the mechanical tool engaging the rotatable member while rotating to

rotate the rotatable member; and wherein the first end of the counterbalance mechanism is directly attached to the rotatable member.

11. The support apparatus of claim 10 wherein the vertically adjustable attachment mechanism further comprises a nut or moveable body attached to or positioned on the first end of the counterbalance mechanism, the nut or moveably body also being moveably attached to the rotatable member such that rotation of the rotatable member causes the nut or moveable body to move along the rotatable member to change a vertical position of the first end of the counterbalance mechanism, the at least one component of the vertically adjustable attachment mechanism also being comprised of the nut or the moveable body.

12. The support apparatus of claim 11 wherein the first end of the counterbalance mechanism has a hole that is sized to receive the rotatable member and the first end of the counterbalance mechanism is positioned on the nut or moveable body such that vertical movement of the nut or moveable body causes the first end of the counterbalance mechanism to move vertically.

13. The support apparatus of claim 10 wherein the rotatable member is a bolt or a screw that has a length, the length extending substantially vertically.

14. The support apparatus of claim 10 wherein the receiving body is immovably affixed to the first end of the arm assembly such that the receiving body does not move independent of the first end of the arm assembly.

What is claimed is:

1. A support apparatus comprising:

an arm assembly, the arm assembly having a first end and a second end;

a support assembly attached to the arm assembly

a mounting device attached to the arm assembly, the mounting device sized to retain a display device;

a gas spring extending between the first end of the arm assembly and the second end of the arm assembly, the gas spring having a first end and a second end opposite the first end;

a vertically adjustable attachment mechanism directly attaching the first end of the gas spring to one of: the arm assembly and the support assembly, the vertically adjustable attachment mechanism sized and shaped such that a vertical position of the first end of the gas spring is adjustable via movement of at least one component of the vertically adjustable attachment mechanism.

2. The support apparatus of claim 1 further comprising a mechanical tool and wherein the mounting device releasably retains the mechanical tool and wherein the mechanical tool is usable to adjust a vertical position of the first end of the gas spring via rotation of a rotatable member component of the vertically adjustable attachment mechanism caused by the mechanical tool engaging the rotatable member while rotating to rotate the rotatable member, the rotatable member component being the at least one component of the vertically adjustable attachment mechanism.

3. The support apparatus of claim 1 wherein the arm assembly is comprised of a first arm member positioned between the first end and the second end of the arm assembly, the vertically adjustable attachment mechanism being attached to an end of the first arm member for directly attaching the first end of the gas spring to the arm assembly and wherein the mounting device is attached to the second end of the arm assembly.

4. The support apparatus of claim 1 further comprising a mounting mechanism attached to the support assembly, the mounting mechanism being comprised of a clamp and wherein the mounting device comprises a mounting plate sized and configured for attachment to a display device.

5. The support apparatus of claim 1 wherein the vertically adjustable attachment mechanism is comprised of a receiving body attached to the arm assembly.

6. The support apparatus of claim 5 wherein the receiving body is moveably attached to the arm assembly.

7. The support apparatus of claim 5 wherein the receiving body is affixed to the first end of the arm assembly and wherein the vertically adjustable attachment mechanism further comprises a rotatable member that is attached to the receiving body, the rotatable member being rotatable in a first direction and in an opposite second direction, movement of the rotatable member in the first direction raising a position of the first end of the gas spring, movement of the rotatable member in the second direction lowering a position of the first end of the gas spring,

the at least one component of the vertically adjustable attachment mechanism being comprised of the rotatable member.

8. The support apparatus of claim 7 wherein the first end of the gas spring is directly attached to the rotatable member.

9. The support apparatus of claim 7 wherein the vertically adjustable attachment mechanism further comprises a nut or moveable body attached to or positioned on the first end of the gas spring, the nut or moveably body also being moveably attached to the rotatable member such that rotation of the rotatable member causes the nut or moveable body to move along the rotatable member to change a vertical position of the first end of the gas spring, the at least one component of the vertically adjustable attachment mechanism also being comprised of the nut or the moveable body.

10. The support apparatus of claim 9 wherein the first end of the gas spring has a hole that is sized to receive the rotatable member and the first end of the gas spring is positioned on the nut or moveable body such that vertical movement of the nut or moveable body causes the first end to move vertically.

11. The support apparatus of claim 7 wherein the rotatable member is a bolt or a screw that has a length, the length extending substantially vertically.

12. The support apparatus of claim 7 wherein the receiving body is immovably affixed to the first end of the arm assembly such that the receiving body does not move independent of the first end of the arm assembly.

13. The support apparatus of claim 7 wherein the mounting device is sized and configured to releasably retain a mechanical tool and wherein the mechanical tool is usable to adjust a vertical position of the first end of the gas spring by engaging a portion of the rotatable member while rotating to cause the rotatable member to rotate.

14. The support apparatus of claim 1 wherein the arm assembly is comprised of at least one arm member.

15. A support apparatus comprising:

a support assembly;

an arm assembly, the arm assembly having a first end and a second end, the first end of the arm assembly connected to the support assembly;

a mounting device attached to the second end of the arm assembly, the mounting device sized and configured to retain a display device;

a counterbalance mechanism attached to at least one of the support assembly and the first end of the arm assembly such that an end of the counterbalance mechanism is vertically adjustable from a first position to at least one second position, the at least one second position being higher or lower than the first position, vertical adjustment of the end of the counterbalance

mechanism adjusting an amount weight of the display device that is maintainably supportable by the arm assembly; and

a vertically adjustable attachment mechanism moveably attaching the end of the counterbalance mechanism to one of: the arm assembly and the support assembly, the vertically adjustable attachment mechanism moveably attaching the end of the counterbalance mechanism such that the end of the counterbalance mechanism is vertically adjustable via movement of at least one component of the vertically adjustable attachment mechanism.

16. The support apparatus of claim 15 wherein the mounting device is sized and configured to releasably retain a mechanical tool and wherein the mechanical tool is usable to adjust a vertical position of the first end of the gas spring via rotation of a rotatable member component of the vertically adjustable attachment mechanism caused by the mechanical tool engaging the rotatable member while rotating to rotate the rotatable member, the at least one component of the vertically adjustable attachment mechanism being comprised of the rotatable member.

17. The support apparatus of claim 16 wherein the vertically adjustable attachment mechanism further comprises a nut or moveable body attached to or supporting the first end of the gas spring, the nut or moveably body also being moveably attached to the rotatable member such that movement of the rotatable member causes the nut or moveable body to move along the rotatable member to change a vertical position of the first end of the gas spring, the at least one component of the vertically adjustable attachment mechanism also being comprised of the nut or the moveable body.

18. The support apparatus of claim 17 wherein the counterbalance mechanism is a gas spring and the end of the counterbalance mechanism has a hole that is sized to receive the rotatable member and the end of the counterbalance mechanism is positioned on the nut or moveable body such that vertical movement of the nut or moveable body causes the end of the counterbalance mechanism to move vertically.

19. The support apparatus of claim 18 wherein the rotatable member is a bolt or screw and the nut or moveable body is moveably attached to the rotatable member via threads formed thereon that mate with threads of the rotatable member.

20. The support apparatus of claim 15 wherein the arm assembly is comprised of a first arm positioned between the first end and the second end of the arm assembly, the vertically adjustable attachment mechanism being attached to the first arm for directly attaching the end of the counterbalance mechanism to the first end of arm assembly, the counterbalance mechanism extending from the first end of the arm assembly to adjacent the second end of the arm assembly.