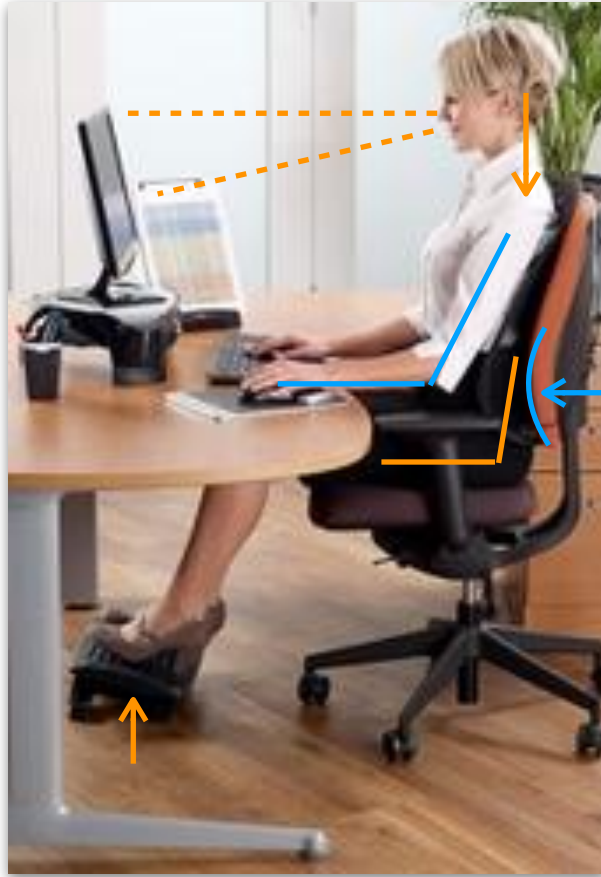


Mission Physical Therapy

Computer / Desk Ergonomics

A supported posture with proper ergonomics will allow you to sit for longer periods of time minimizing the effects of physical stress on your body. However, even the best posture and workstations will not eliminate all of your risk for injury. Any prolonged position—no matter how perfect—will lead to problems. Simply taking a break from your work every 20-30 minutes will greatly help to increase nutrient and oxygen-rich blood to deprived areas of your body.



- A. Adjust seat height to position your thighs parallel with the floor. The seat pan should cover the length of your buttocks and thighs (front to back) with a waterfall from edge to allow knee clearance.
- B. Use an adjustable backrest to accommodate the normal curve of the lower spine.
- C. Use a swivel chair with 5-point base and casters.
- D. The top one-third of the screen at or below eye level and large enough to read without eye strain—which would otherwise increase neck muscle tension.
- E. Keep the shoulder girdle relaxed with the elbows open at least 90-100 degrees to upper arm.
- F. Wrists should be in a neutral position, not angled up or down (flat).
- G. Keep your feet supported on the floor or with a footrest, if needed, so that your legs aren't dangling off the chair.
- H. Documents, etc. should be close enough to the screen so that you can see them without moving your head.

Tools and Opposite Movements

So, your posture and ergonomics are great but you are still having trouble?

Remember: we're not made to sit for so long! Every 20-30 minutes, do one of these: seated Trunk Twists, Cat-Cow, or Single Knee to Chest; or standing Trunk Extensions

