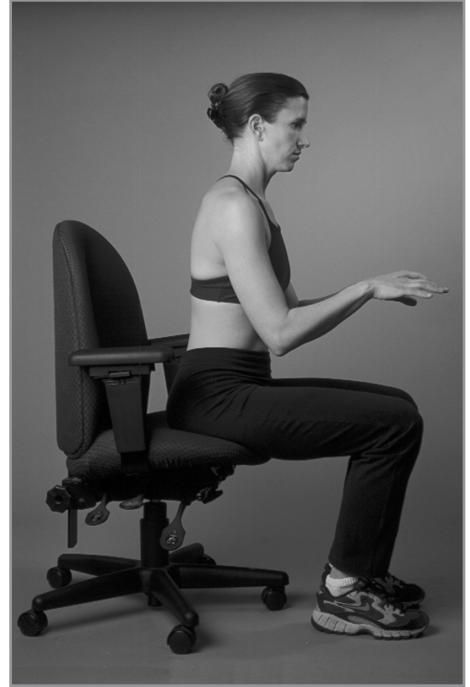


Seated Posture



Proper posture at your desk can help reduce pain, discomfort and injuries at the job.

Most often, we see clients complain of pain in the wrists, neck and lower back due to improper seated posture.



- 1) As often as possible, sit with your lower and upper back resting against the backrest. Stack your neck and spine so your weight rests directly over your pelvis.
- 2) Keep your chest open.
- 3) Adjust the height of your chair so your thighs are parallel to the ground.
- 4) Plant your feet flat on the floor.

- 1) When sitting forward to type, lean with your spine straight instead of with your midback or neck.
- 2) Keep your hands and wrists relaxed and resting on the table (preferably on a pad).
- 3) Remember to breathe and to take breaks from time to time.

- 1) Sit Tall
- 2) Open your chest
- 3) Stack your spine & neck
- 4) Thighs level to ground
- 5) Relax your wrists

Most repetitive stress pain comes from hunching at your desk, sticking your neck out toward the computer and closing off your chest. These positions are less efficient and cause muscles to weaken and become imbalanced.