



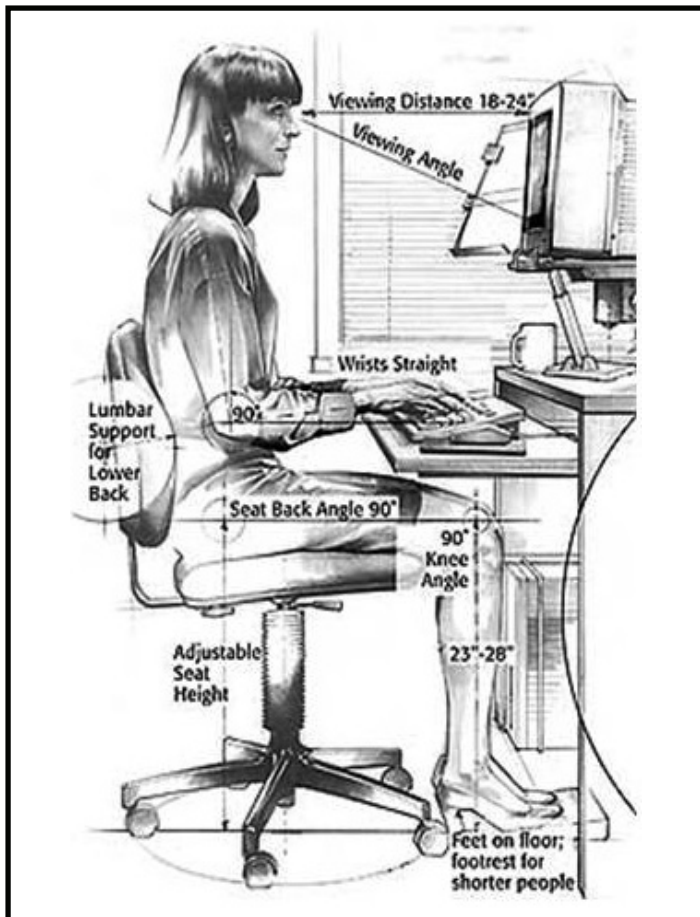
GETTING YOUR COMPUTER WORK STATION TO WORK FOR YOU



BROUGHT TO YOU BY: CAPITAL PHYSICAL THERAPY

Setting up your workstation properly to allow for optimum posture and ergonomic design can be a critical component to avoiding repetitive stress injuries. Paying attention to the set up of your chair, desk and monitor can pay dividends. Taking care of some simple preventative measures can do just that.

Ergonomics is the science and practice of designing jobs or workplaces to match the limitations of the human body. The greatest concern when working at a desk is poor posture, which can lead to excessive stress on muscles, tendons, joints and even nerve tissue.



RECOMMENDATIONS

- Adjust the chair height so your thighs are parallel to the floor, with your knees at 90°.
- Sit upright, maintaining the natural curves of the back (ask us about the benefits of using a lumbar roll)
- Keep your shoulders relaxed but don't slump forward
- Use a work surface that allows your elbows to maintain a 90° angle.
- Sit directly in front of the keyboard and computer monitor.
- Situate the monitor so that it is 18-24" from your eyes and you look slightly down to see it.
- Relax your wrists and keep them in a neutral position
- Your fingers shouldn't be higher than 10° above the elbows.
- If using a mouse, it should be close to the keyboard. Repeated "over-stretching" can lead to injury.

To prevent pain and injuries, it is suggested to change body position frequently and to take regular stretch breaks. Vary tasks to minimize repetitive activities. **Prevent eye strain** by looking away from your monitor often and blinking.

If you are currently dealing with an injury that you think could be in part due to your workstation set up, ask us about how we can help you.