

Today's Chiropractic Weekly Handout



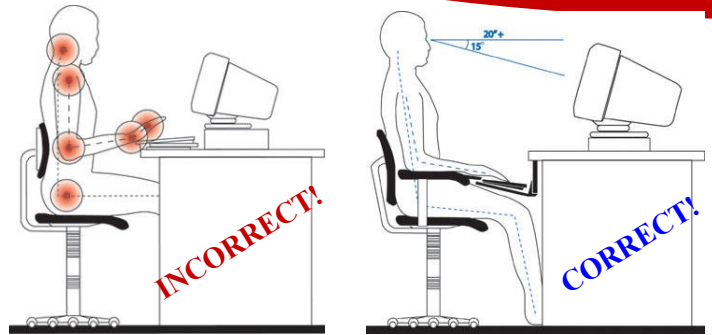
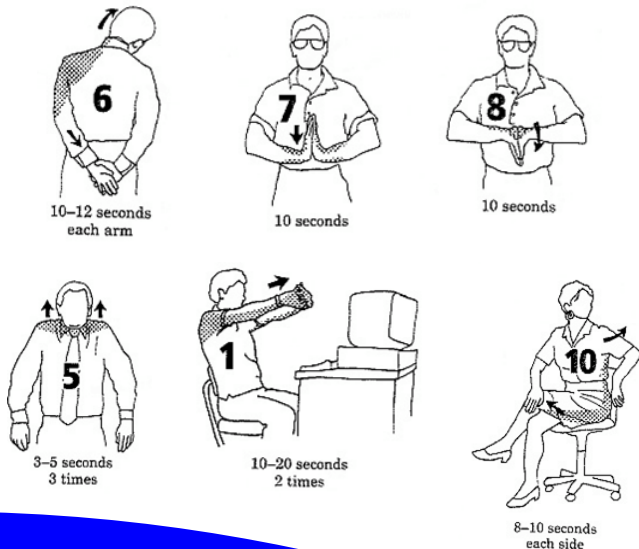
Have Looked At Your Workstation Ergonomics Lately?

Most of us spend a large portion of our day sitting at a computer. Poor posture, lack of proper equipment and incorrect ergonomics can cause a lot of distress in a number of different parts of the body.

With that in mind here are some key things not to do:

- Do not place the keyboard on top of the desk
- Do not place the monitor above your head.
- Do not sit in a rigid and upright position
- Do not lean forward
- Do not work for long periods of time without moving. You need to take frequent breaks, they keep you awake, productive and healthy.

Here are some stretches you can do at work:



Here are some tips to setting up a healthy workstation:

- Place the monitor as far away from you as possible while maintaining the ability to read without consciously focusing. Keep a minimum distance of 20 inches.
- Place the center of the screen at a 15 degree down angle from your eyes with your neck only slightly bent holding your head perpendicular to the floor.
- Position the keyboard slightly below the elbow and at a negative angle to allow the wrists to remain straight when you sit in a slightly reclined posture
- Do NOT use the keyboard supports to raise the back up. Do NOT tilt the keyboard tray so that the back of the keyboard is higher than the front. This results in your wrists typing at a positive angle and can result in a repetitive stress injury.
- Place the mouse on the same level as and immediately next to the keyboard tray and use the arm rests.
- Place the lumbar support slightly below the waist line.
- Adjust the height of the chair so your feet can rest completely on the floor.
- Allow 1-3 inches between the edge of the seat and the back of your knees.

I suggest you use a timer (a simple oven timer works great) and "reset" your posture every 20 minutes. Over time you will find yourself holding the correct posture for longer periods of time each hour, which will gradually train yourself to hold better posture naturally throughout your day.

Today's Chiropractic Clinic

614 S. 225th Street
Des Moines, WA 98198
206-878 BACK (2225)

www.todayschiropractic.net

Office Hours:

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm

~ Serving Our Community Since 1990 ~