



How To Sit Correctly To Reduce Injury

Ergonomics - is the science of designing the workplace, machines, and work tasks with the capabilities and limitations of the human body in mind.

Ergonomics Of The Work Place

Rules of sitting:

1. Find your neutral position (this is the position between arching and rounding your back so that you rest comfortable in the middle.)
2. Support your back with a rolled towel or small back cushion in the lower back area filling in the space.
3. Keep your feet flat on the floor or on a footrest.
4. Keep your hips higher than your knees. Adjust your chair height accordingly.
5. If you have a chair with arm rests, they should be height adjustable so that you are not hunching or slouching your shoulders.

Sitting at a computer:

1. Keep your shoulders back, arms relaxed at your side, elbows bent to 90 degrees. Do not shrug your shoulders and the keyboard should be lower than your elbows.
2. Put your monitor up on a phone book or stack so that the top edge of the monitor is at eye level. For laptops consider a separate keyboard and a small laptop platform to bring the monitor up.
3. Use a document holder to keep papers up higher.
4. Use a light touch when pressing keys. Don't mash your fingers!
5. When you're not typing, rest your arms and wrists on a palm rest, rather than a hard desk edge. However, don't use the palm rest when you are typing due to the possibility of causing carpal tunnel syndrome.
6. Keep the mouse close to the keyboard to minimize reaching with the shoulder.
7. Use headphones if you are on the phone frequently. Squeeze the phone between your ear and shoulder. Hold the phone up to your ear with your hand.
8. Clear the area under your desk so that you can position your legs and feet properly.
9. **Take frequent position breaks during the day. Do not sit for hours on end at the computer without a break. Try to get up every 30 minutes even if just for a minute. This reduces overuse syndromes.**
10. Keep your items and computer in front of you. Avoid looking over to the side or twisting your body when working.

If you have carpal tunnel syndrome (tingling or numbness in the fingers) see a physical therapist right away before there is permanent nerve damage. If you feel achy or painful after working on a computer talk to one of our physical therapists or come in for a free consultation. When can help you feel better quickly and prevent future overuse injuries.

Call:

(561) 733-7677