

COMPUTER USE

One of the first things to keep in mind with regard to seated posture is – don't sit still for too long! Do backward shoulder rolls, gentle neck range of motion, and stand up from your seat for at least a few seconds every 30 minutes or so.

Guidelines:

- Find a seat that is the right height - your hip, knee, and ankle joints should be roughly 90 degrees
- Position the monitor so that it is at eye level when you are sitting upright looking straight ahead (not up or down) – perform chin tucks as often as you remember
- Position the keyboard and mouse close enough and at a height where your elbows are not too far from your sides and bent at roughly 90 degrees, as well as so you can keep your wrists straight – not flexed up or down

