



Chiropractic Care : Pilates : Yoga : Sports Massage :
Shiatsu : Pregnancy Care : Back Care

It is important to have proper posture when sitting at your desk as this ensures that your body weight is evenly distributed, especially along the spine. This prevents excessive loads building up on certain parts of the body such as; the neck, shoulders, forearms and low back, which can be the cause of many back, neck, wrist and hand pains. Here are our top tips.

1 THE MONITOR

top of the screen at or slightly below eye level, close enough or with big enough screen so you don't have to lean forward or squint to read the normal print sized text.

2 THE MOUSE

The mouse should be comfortably reachable with your arms and elbows and wrist in the position mentioned below. Keyboards with a central mouse eliminate potential of the mouse gradually moving away from you across the desk so the arm becomes outstretched and the shoulders tensed.

3 YOUR BODY POSITION

- **Arms:** forearms should be comfortably rested and parallel or slightly angled downwards, while wrists should be straight.
- **Shoulders:** should be relaxed and not raised.
- **Elbows:** should be close into your body
- **Back:** rested against the backrest of the chair or introduce a removable backrest.
- **Knees:** the edge of the seat should not press against the back of the knees.
- **Hips:** thighs should be parallel or slightly angled downwards, and you should sit right on top of your sit bones.
- **Feet:** your feet should be flat, rested on a footrest or the floor.

Stretch the top of your head toward the ceiling, and tuck your chin in slightly. Keep your upper back and neck comfortably straight by rolling your shoulders back and tucking in your tummy about 20 percent

4 REGULAR BREAKS AND EXERCISE

- Take regular breaks
- Do exercises at your desk
- Partake in exercise to keep your postural muscles strong such as Pilates, yoga and rehabilitation exercise as advised by your chiropractor

Call Shoreham Chiropractic Clinic on 01273 461 155
for your FREE posture and spine check.

