

BACK ON TRACK

PHYSIOTHERAPY

Work Station Set Up

Monitor

- Place monitor directly in front of you and at least 20 inches away (approx. an arm's reach)
- The top of the monitor screen should be or just below eye level
- Place monitor perpendicular to window to avoid glare if possible
- If using 2 screens ensure they are at the same height and centrally placed in front of you

Desk

- If desk height can be modified, do so to accommodate your chair position
- Avoid storing bulky items under desks

Telephone

- Use a speaker phone or head set for long conversations
- Keep it close enough to avoid repeated reaching

Documents

- Documents should be at the same height and distance from you as the monitor

Mouse

- Keep the mouse close to the keyboard to avoid overreaching.
- Try alternating hands with which you operate the mouse.
- Use keyboard short cuts to reduce extended use

Chair

- The chair should have a five-leg base with casters that allow easy movement along the floor
- Chair height should enable your thighs to be parallel with the floor and feet rested on the floor
- A foot stool may be required if the desk is too high and can't be changed
- Ensure there is adequate support under your thighs; you may be able to adjust the seat pan
- The back rest should follow the natural curvature of your spine and provide adequate lumbar support
- Modify the tilt on the seat and the back rest to enable good seated posture
- Armrests, if provided, should be soft and allow your shoulders to relax and your elbows to stay close to your body at 90 degree

Keyboard

- Put the keyboard directly in front of you
- Your shoulders should be relaxed and your elbows close to your body at 90 degrees
- Your wrists should be straight and in-line with your forearms
- A wrist rest may be used to help maintain your wrist posture and to minimize contact stress during typing and mouse tasks



At Back on Track we can help with all injuries, strengthening and injury prevention programs.

Back on Track Physiotherapy

Queenstown | Frankton | Arrowtown

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