



# Tips from your physiotherapist



## Sitting in front of your computer

- Keep your head in a balanced position (chin in) and shoulders relaxed
- Keep upper arms vertical and forearms horizontal and supported
- Ensure adequate lower back support at belt level
- Use a fully adjustable chair
- Keep a balanced wrist position
- Remove any obstruction to leg movement
- Ensure adequate lighting
- Keep your screen and work surface glare and reflection free
- Use an adjustable tilted screen
- Ensure the keyboard is detached from the computer
- Keep your feet flat on the floor or on a footrest



## Posture in sitting

- Sit up straight. Your back should be firmly supported by the back of the chair. Do not slump
- Your chin should be tucked in and not protruding. Your head and shoulders should be directly aligned with your hips
- Avoid chairs that are too low or too soft. Keep your feet flat on the floor or footrest
- Never sit in the same position for more than an hour. Do stretching exercises every hour
- Sit squarely facing the desk, table, TV or PC

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