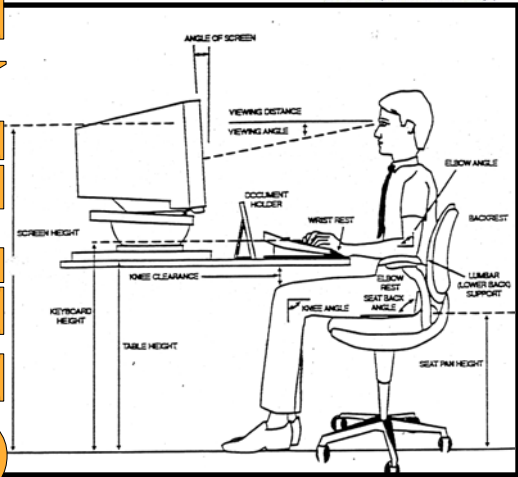


POSITIONED FOR SUCCESS

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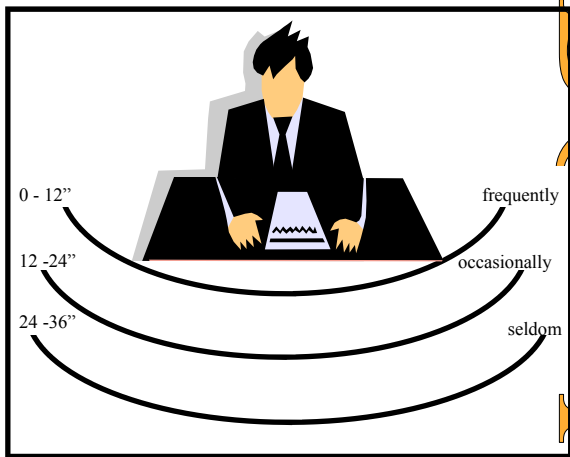
Truly Ergonomic Chair:

- Adjustable height to allow hips to be slightly above knees and feet to rest on the ground (or foot stool)
- Adjustable pan tilt to allow for proper weight placement on pelvic floor
- Adjustable backrest tilt to allow for proper low/mid back support
- Rolling on 5 casters
- Additional support as necessary using a lumbar pillow or towel behind to low back to maintain Lumbar spine position

General Tips:

- Take breaks to avoid prolonged repetitive activities.
- Active- take a break from current activity to perform alternate activity (i.e. computer work to returning phone calls)
- Stretch- perform postural flexibility exercises for neck, shoulders, and arms
- Walking- take a few minutes to walk to encourage circulation

BODY MECHANICS



BODY MECHANICS

Desk Set up:

- Monitor positioned to allow straight ahead viewing
- Top of monitor to be at eye level
- Height of key board such that elbows can rest at side
- Object placement
 - ⇒ Items frequently used 0-12 inches
 - ⇒ Items occasionally used 12-24 inches
 - ⇒ Items seldomly used 24-36 inches

"Almost all Low Back Pain is aggravated and perpetuated, if not caused by poor sitting postures in sedentary workers."

-Robin McKenzie



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