

**Kate Nagel's Capstone Presentation:
The Office Athlete - Improving Posture (and Preventing Pain) in an Office Setting**

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Capstone Presentation "Celebration of Knowledge"

1. What is the job of muscles in maintaining posture?

2. Discuss one way in which sitting at a desk causes poor posture.

3. Name two poor posture pathologies:
 - 1.
 - 2.

4. Name two postural dysfunctional risk factors:
 - 1.
 - 2.

5. What was your favorite desk exercise?

6. Name three ways that you can set up your work station to avoid poor posture:
 - 1.
 - 2.
 - 3.

7. Natural/Artificial (circle one) is the best choice for office lighting.