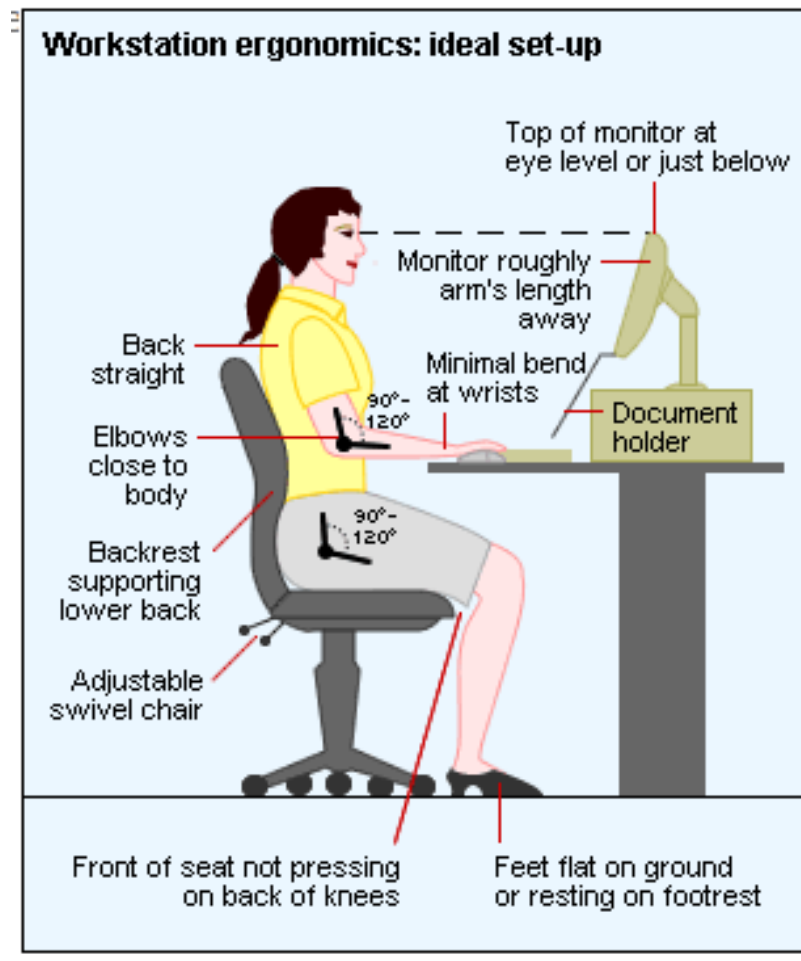


The Office Athlete: Improving Posture (and Preventing Pain) in an Office Setting

Educational Materials

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Ergonomic Workstation Set-Up Suggestions



myDr. Office ergonomics: workstation comfort and safety. myDr.com.au website. <http://www.mydr.com.au/pain/office-ergonomics-workstation-comfort-and-safety>. Accessed March 22, 2017.

Sitting Posture^{1,2}

- Feet flat, legs uncrossed
- Ankles in front of knees
- Hips higher than knees
- Lower back supported
- Shoulders relaxed
- Forearms parallel to ground

Desk Set Up^{3,4,5}

- Supportive chair
- Computer monitor at arm's length
- Top computer screen below eye level
- Keyboard and mouse easily reachable
- Use headset/speaker phone to avoid cradling phone
- Objects close by to avoid reaching

1. Tips to Maintain Good Posture. American Chiropractic Association website. <https://acatoday.org/content/posture-power-how-to-correct-your-body-alignment>. Accessed February 17, 2017.
2. myDr. Office ergonomics: workstation comfort and safety. myDr.com.au website. <http://www.mydr.com.au/pain/office-ergonomics-workstation-comfort-and-safety>. Accessed March 22, 2017.
3. ERGONOMIC WORKSTATION GUIDELINES. NC State University Environmental Health & Safety website. <https://www.ncsu.edu/ehs/www99/right/handsMan/office/ergonomic.html>. Accessed March 11, 2017.
4. Office ergonomics: Your how-to guide. Mayo Clinic website. <http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169>. Published April 20, 2016. Accessed February 17, 2017.
5. Standards for Computer Workstations at Duke Contents. Duke Occupational & Environmental Safety Office website. <https://www.safety.duke.edu/sites/default/files/StandardsandGuidelinesforComputerWorkstations.pdf>. Accessed March 11, 2017.

Desk Exercises: Make sure to maintain good sitting posture with these exercises!



http://www.hep2go.com/exercise_editor.php?exId=19130&userRef=gciaake

Upper Trapezius Stretch:

To stretch the right side: Sit on your right hand and tilt your head so the right, trying to touch your ear to your shoulder.

Hold for at least 20-30 seconds.

Repeat on the other side



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Levator Stretch:

To stretch the right side: Sit on your right hand and turn your head to the left, looking at your left armpit.

Hold for at least 20-30 seconds.

Repeat on the other side.



http://www.hep2go.com/exercise_editor.php?exId=9666&userRef=gciaake

Shoulder Rolls:

Bring shoulder up towards your ears, then back behind your ears, then down.

Complete 10 times.



Chin Tucks:

In sitting, place two fingers on chin. Pull your chin straight back (you will have a "double chin").

Complete at 10 times.

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Scapular Squeezes:

Bring your shoulders back and down, holding for 5 seconds.

Complete at 10 times.

http://www.hep2go.com/exercise_editor.php?exId=191&userRef=gciaake



Pelvic Tilts:

In sitting, arch your lower back, and then flatten it (tilting your pelvis forward and backwards).

Repeat this motion 10 times.

http://www.hep2go.com/exercise_editor.php?exId=40933&userRef=gciaake