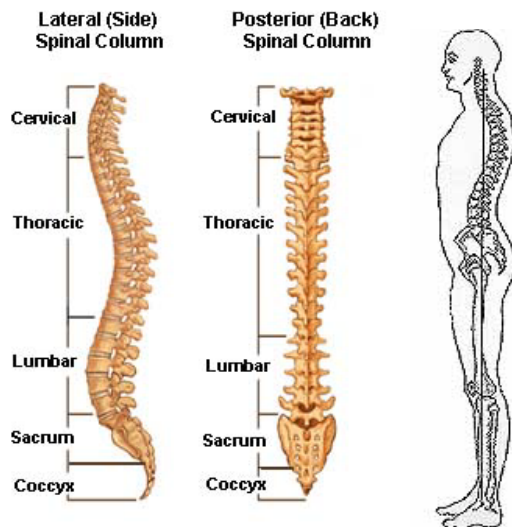


It's all about Posture! A healthy neck supports your head, keeping it aligned with the rest of the spine in a proper, balanced posture. The neck has a slight natural curve, which sits on top of the two curves in the middle and lower back. Correct posture maintains all three curves and prevents undue stress and strain by distributing body weight evenly. Actually, when your back is balanced, it is self-supporting and requires little help from your back muscles



What Does Good Posture Look Like?

The body is straight, but not robotic! The appearance is relaxed as the ears, shoulders, hips, knees and ankles align in one straight line. If you hung an imaginary plumb line from the earlobe, the line would hang straight through the middle of the anklebone

Good posture means there is musculoskeletal balance. This balance helps to protect the joints in the spine from excessive stress. It also guards against injury and possible deformity. Good posture is a great 'tool' to possess to help prevent pain.

Working at a Desk – Posture Friendly Tips

- Choose office furniture that is ergonomically designed and that fits your body.
- Sit with your back against the back of the chair with knees at slightly below hip level. This maintains normal lordosis of spine.
- The workstation or desk should be at elbow height.
- Adjust chair height to meet this need. Sit with your shoulders straight and parallel to the hips.
- Don't slouch or lean forward to view work or the computer monitor. Either move closer to the work or move the work closer to you.
- Don't cradle the phone between your head and shoulder! It is much better to use the speakerphone or a headset.
- Get up, walk tall and stretch often!



Healthy Sitting in Motion

Healthy Sitting

Keeping the spine healthy requires periodic changes in posture, and dynamic movement helps to promote circulation and reduce muscle fatigue. Sitting in any static posture for a prolonged period eventually will become uncomfortable. This means that there isn't a fixed posture that's best for everyone, all of the time, whatever the task at hand. Rather, there is a desirable range of movement that works well for most people doing most of the kinds of tasks performed when sitting.

The preferred way of sitting involves the following:

- Make sure that the seat height is correctly adjusted so that your feet are on the ground or on a solid surface like a good footrest.
- Recline back in the chair, with the chair backrest angled between 100-110-degrees, so that the chair back can help support the weight of the torso.
- Make sure that the chair has good lumbar support in the right area for your shape and size of back. If there is an adjustable support, use this to get the best position.
- Make sure that the seat pan is the right size for you and doesn't press behind your knees.
- Look for a chair that doesn't tip up the seat pan when you recline because this can put pressure under the thighs and behind the knees.
- If the chair has arms, make sure that these are correctly adjusted for height so that your shoulders are relaxed, not hunched or raised when you rest on the armrests.
- If the chair has a high neck/headrest make sure that this can be used in different sitting positions.
- Remember to take breaks and move around to change posture.

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