BodyBalance
physical therapy

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Move more, Live more!

Tips for a Comfy Computer Setup:

1. **Keep Your Body in Line:**

- Head and shoulders should be straight.
- Eyes should be about arm's length away from the screen.
- Top of the screen should be at eye level.
- Tilt your head slightly down to avoid neck strain.

2. **Sit Up Straight:**

- Keep your back straight with your bottom against the chair.
- Support the natural curve of your lower back.
- Your arms should be vertical to the floor.
- Don't slouch!

3. **Watch Your Arms and Hands:**

- Keep your elbows level with the keyboard.
- Your wrists, forearms, and hands should be in a straight line.
- Keep a 90-degree angle between your forearms and upper arms.

4. **Don't Forget Your Legs and Feet:**

- Your thighs should be parallel to the ground.
- Feet flat on the floor or a footrest.
- Knees should be slightly lower than hips.

5. **Keep Things Handy:**

- Keep things you use often within 8-10 inches.
- Things you use occasionally should be within 11-20 inches.
- Try not to work too far away (more than 25 inches).

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6. **Get the Right Gear:**

- Use a document holder at the same height as your screen.
- Reduce glare on your screen.
- Use a wrist rest or keyboard tray.
- Support your lower back with a lumbar pillow.
- Make sure your chair and desk are adjustable.

7. **Other Helpful Tips:**

- Stretch regularly, especially during breaks.
- Wear comfy shoes and bend your knees when lifting.
- Push or pull heavy objects instead of lifting them.
- Keep your clothes loose and comfy.
- Take breaks to stand or stretch if you've been sitting for a while.

Hope these tips help you feel more comfortable while working!