How to sit at your desk correctly
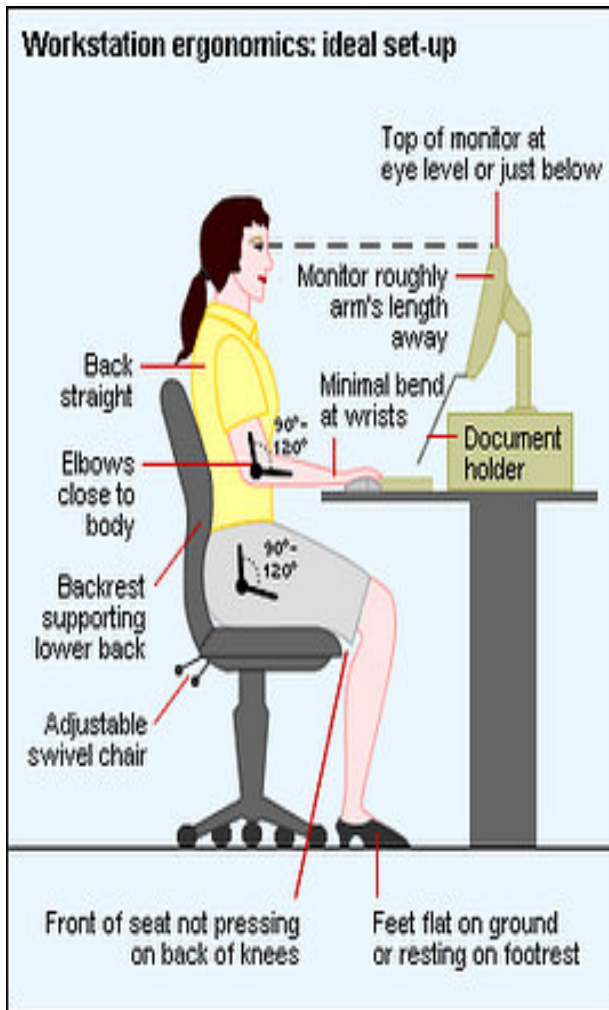
Sitting badly at a computer puts excess strain through your spine and very often contributes towards the onset of musculo-skeletal problems, such as:

- Low back pain
- Painful, achy shoulders
- Neck pain
- Headaches
- Elbow & wrist problems

Workstation ergonomics: ideal set-up

Top of monitor at eye level or just below

Monitor roughly arm's length away

Minimal bend at wrists

Document holder

Back straight

90°–120°

Elbows close to body

90°–120°

Backrest supporting lower back

Adjustable swivel chair

Front of seat not pressing on back of knees

Feet flat on ground or resting on footrest

Guidelines for Better Posture Sitting

1) To get your desk to the correct height, line up the middle row of the keyboard with your elbows

2) The mouse needs to be within easy reach and a wrist support used

3) The monitor should be 20-30" (50-75cm) away from you

4) Eyes should be in line with the top of the monitor screen

5) Maximum contact between your back and the chair. There needs to be extra support in the curve of your lower back

6) Chair must be adjustable so your feet can rest flat on the ground and your hips should be marginally higher than your knees

7) Tip: When buying a new office chair, ask if you can trial it for at least a week! Many shops will offer this service

8) Keep your head held high over your shoulders – do not allow it to jut forwards.

Laptops
Best avoided!
However, essential for many people.
If you spend hours working or playing games on the laptop it is worth following all the above advice and creating a "workstation" at home.
This can be aided by investing in an extra monitor or keyboard and laptop stand.

Don't forget: get up every half hour/hour to move around.

Mark D Rush DO
Emma V Bailey DO
Claire J Merriweather BSc(Hons) Ost
Jim L Crompton B Ost
Registered Osteopaths

272 Hatfield Road
St Albans
Herts AL1 4UN

Tel: 01727 834038