

Ergonomic Tips for Working at Home:

Brad Weiss, D.C.

Here are some tips to protect your health while working from home

- 1- Preferred-- sit at a desk with a desktop computer using a supportive office chair
 - a. The chair's lumbar support should be upright, putting pressure on the low back (just above the beltline). If possible, the seat should tilt slightly forward



Bad Chair Ergonomics



Good Chair Ergonomics

- b. Your eyes should be level with the upper 1/3 of the monitor
- c. Your elbows should be close to 90 degrees and your wrists should be neutral (not flexed or bent)



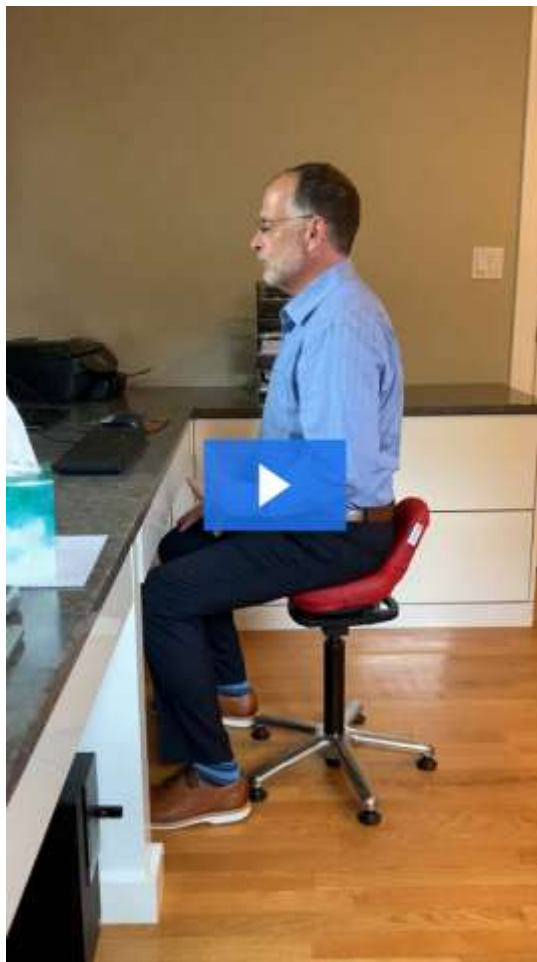
[Sitting- Chair Adjustments - Ergonomic - Performance Health Center](#)

2- Standing Desks

With standing desks, the same rules apply regarding hands on the keyboard and monitor height. Remember that you were not designed to stand in one place all day. Take a break and move away from your desk at least once every 20 minutes. It's best to alternate throughout the day--e.g., standing desk for 20 minutes, take a 2-5 minute movement/stretch break, sit at your desk for 20 minutes, take a 2-5 minute movement/stretch break, and then back to your standing desk (and repeat)

3- Active Sitting

If you are using a chair for active sitting, you'll already be following two principles—staying in motion (because of your seat rocker) and maintaining good posture with your head over your shoulders and a slight tilt of the spine. However, you will still need to be careful with the height of your laptop and the positioning of your wrists and elbows. Be careful if you are sitting on a ball for this purpose; there are some drawbacks (see accompanying videos).



[Active Sitting on QOR360 Chair](#)



[Active Sitting on Exercise Ball](#)

4- Laptop Use

Laptops are not optimum for long-term computer use because the screen is so close to the keyboard. This causes your neck to be flexed forward, putting stress on it and upper back muscles and joints. Here are tips to decrease the stresses on your body from laptop use:

- a. Raise the screen height so you do not strain your neck with a laptop stand. You can do this with an empty large-ringed loose leaf notebook to put less stress on your neck without compromising your hand position



Laptop with stand (photo album)

- b. If using a laptop on a Zoom meeting- raise it with boxes so that your eyes are looking at the upper 1/3 of the screen.



Bad Zoom Posture



Good Zoom Posture

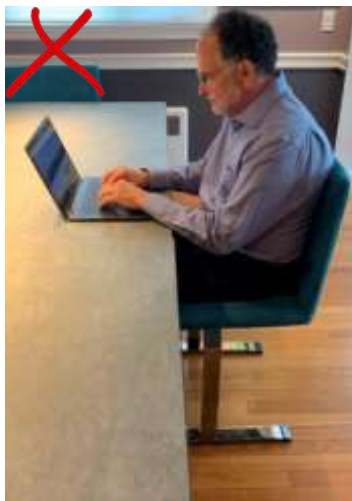
- c. If possible, connect your laptop to a monitor which you can put at the correct height (or better yet, use a docking station or KVM Port switch so you can use a remote keyboard and mouse)



Laptop with Docking Station

5- Tips for sitting at the kitchen or dining room table

If using a kitchen or dining room chair, put the appropriate sized pillow behind your back to give yourself lumbar support, and use a laptop stand.



Bad table ergonomics



Optimum with pillow and stand

6- Tips for sitting on the couch

DO NOT sit on the couch. Most couches are too soft and do not give your back support. If you have no other choice, put pillows behind your back for support and a pillow on your lap

to raise the laptop to a better height. There are laptop stands for couch use, but this is still not a good idea for long-time computer work.



Bad Posture on Couch



If no other options, use pillow

7- Take Breaks!

You need to get up regularly! At least once every 15-20 minutes. Life is motion and you need to move your body. Get up, walk around the room, go up on your toes, swing your arms, do a few jumping jacks. Get the muscles moving and blood circulating! Here are videos of my favorite stretches:



[Sitting Posture Stretch \(Bruegger's Position\) - Ergonomic - Performance Health Center](#)



[Trapezius - Stretch - Performance Health Center](#)

8- Tips for Laptop use in bed

- a. Avoid positions that put your neck into flexion
- b. BEST- sit up in bed with pillows on legs to raise the height of the laptop
- c. Lie on your stomach and prop up your upper body with elbows or a pillow (also known as McKenzie Prone Extension posture)

9- TEXT Neck

Yes, this is real! As long as we are talking ergonomics, when you text with your neck flexed, you put significant stress on it. Your head weighs about 10 pounds. If your head is forward 30 degrees, the stress on your neck is 40 pounds. If your head is forward 60 degrees, the stress on your neck is 60 pounds.

It's best to keep your head up, brace your elbows on your chest, and flex them so your phone is closer to eye level



40 lbs of stress on neck



10 lbs of stress on neck



[Cell Phone Tips While Texting & Reading - Ergonomic - Performance Health Center](#)

For more information and videos, go to the **Self Care Tab** at PerformanceHealthCenter.com

For more on active sitting, go to: <https://bit.ly/2XFJQRF>

For specific questions, e-mail me at drbradweiss@rcn.com

Performance Health Center • 264 North Main St., Natick, MA 01760 • (508) 655-9008
www.PerformanceHealthCenter.com info@performancehealthcenter.com

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