

Sitting:

ERECT SITTING



Use position for:

- Typing
 - Computer work
 - Meetings
- Sit tall, keep shoulders back and maintain curve in low back.
 - Push buttocks to the back of chair.
 - Divide weight evenly between buttocks and feet.

FORWARD SITTING



Use position for:

- Reaching
 - Writing
 - Drawing
 - Working on small equipment
- Keep buttocks evenly on the seat and lean forward with one foot in front of the other.
 - Rest forearms on table surface.
 - Maintain curve in low back.

BACKWARD LEANING



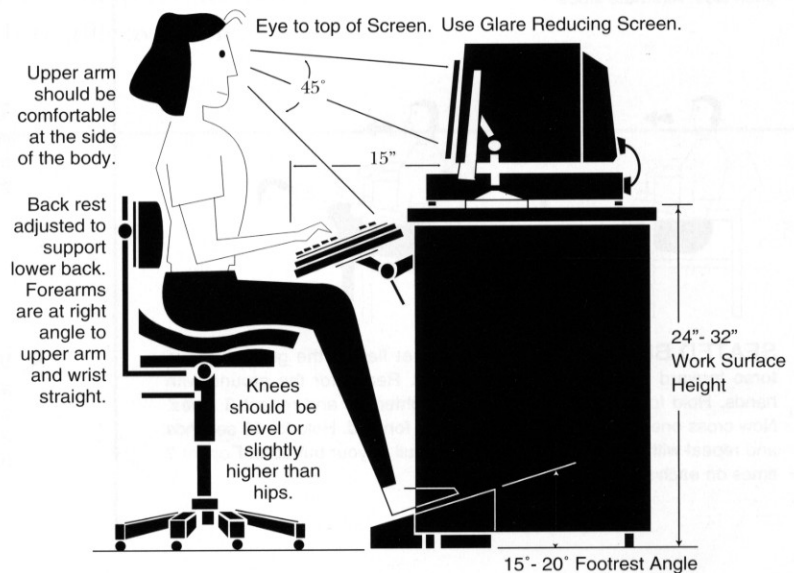
Use position for:

- Phone work
 - Meetings
 - Watching TV/movies
 - Driving
- Lean back in chair causing chair to tilt backwards.
 - Keep low back straight against the back of the chair (maintain lumbar curve) and keep shoulders back.

Computer Position:

IMPORTANT: when working at the computer, get up from the chair, walk around, perform tasks standing or walking, every 20-30 minutes. Your body will stiffen from prolonged sitting causing pain and symptoms.

- Keep head level, shoulders back and point eyes to top of the screen.
- Hold upper arms comfortably at sides.
- Hold forearms at right angles to upper arms and keep wrists straight.
- Adjust seat height so that elbows are at the same height as the keyboard or table top.
- Maintain the lumbar curve and adjust back rest to support low back.
- Use a chair that swivels and change chair position throughout the day to vary body position.
- Knees are level with or slightly higher than hips.
- Use a 15-20 degree footrest angle or rest feet flat on the floor.



THERA-BAND™ Exercise Balls help to correct posture.