



BROUGHT TO YOU BY THE SELECT MEDICAL OUTPATIENT DIVISION

A large population of office employees have the ability to work at home. Many find themselves using a laptop at the dining room table, a counter or even the couch. If not setup properly, muscle soreness can develop as a result of poor work postures. Here are a few simple tips for arranging a home office to help minimize discomfort.

Chair height

- Thighs parallel to the ground with feet firmly on the floor

Chair back

- Seat back doesn't give way when you sit back
- Support at low back and at base of shoulder

Arms

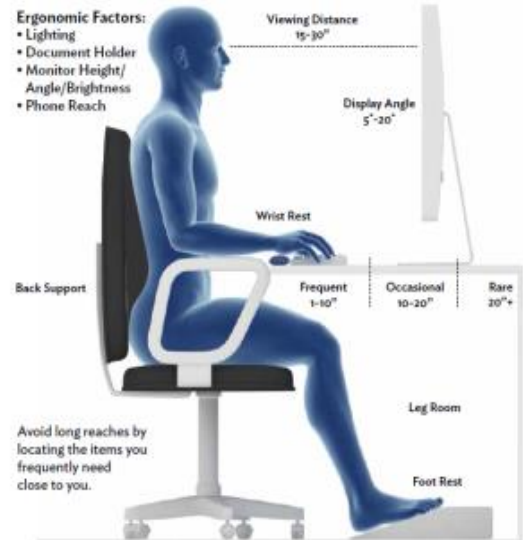
- Shoulders relaxed at your sides
- Elbows bent to 90° or a little less
- Wrists at or slightly below elbow level

Monitor

- At eye level
- No more than an arm's length away

Move and Stretch

- Get up to move and stretch for 1-2 minutes every 30 minutes



Traditional Setup



Use books to raise monitor

Use binders as foot rest

Home Office Setup

Name:	
Phone:	Email:



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