



## Dr Ritza's Posture and Office Musts

### Know that..

Good posture not only will improve your spine health and reduce pain, but will also improve your self-confidence, stress tolerance and how you look to others

No posture is perfect if sustained for an extended time. Change positions every 20 minutes  
→ Get a glass of water, do a full body stretch, socialize, put your feet up!

Take an extended break every 90-120 minutes - It will keep you fresh, improve performance and again help your spine

The same principles apply to sitting and standing desks. Move often

### Your Set Up

- Ears, shoulders, elbows, hip bone aligned vertically (Sitting or standing)
  - Chin tucked in so ears are inline with or behind shoulders
  - Shoulders back and down. **Cue:** Put your shoulder blades into your back pocket
  - Sit tall. **Cue:** Someone is gently pulling the vertex of your head up
- Elbows and forearms rest on arm rests - shoulders soft
- Wrists in neutral position and ideally supported on key board / tray
- Back is against backrest and the chair cradles you. **Cue:** there should be a slight pressure from the chairs lumbar support in your low back
- Thighs are flat and parallel to ground or pointed 5-10° down
- Feet flat on floor or on foot rest. 90° angle at the hips and knees

### Workstation Set-Up

- Eyes aligned with top or upper 1/3 of monitor(s)
- Towel, pillow, lumbar support used for back support (Cue: gentle push into the small of the back) when needed
- Arm rests positioned to elbows rest comfortably
- Mouse used as close to body as possible
- Keyboard supported under desk and meets the hands with neutral wrist position
  - Wireless keyboard or separate monitor for laptop use

