

Reliant Medical Group

Rehabilitation & Sports Medicine

Positioning Computer Work



- Position work to face forward.
- Proper chair height should be hips and knees bent at 90 degree right angle or greater (knees slightly higher than hips). Feet are flat on the floor.
- Your elbows should stay at your sides and also bent at 90 degree right angles. Wrists should be flat and level.
- Roll your pelvis forward and sit up tall so that your back is in correct alignment (ear over shoulder, over hip).
- The terminal height should be adjusted so that when you are in good posture, the top 1/3rd of the terminal is at eye level.
- Improper positioning can be a major cause of headaches, shoulder tendonitis, upper back pain and discomfort, neck or low back problems, and carpal tunnel syndrome.
- Recommended chair has wheels, adjustable by lever, firm back, and NO armrests (they usually do not allow you to slide under desk far enough).
- Using a towel/lumbar roll or seat wedge may make it easier to maintain good posture.
- A step stool or book can make your chair adjust to the height of your desk.
- Use a wrist rest for keyboard or mouse on a book in your lap, can reduce strain by keeping everything close.
- Use of a headset if you are on the phone for extended periods.
- Other things to keep in mind are glare from lights, or use of bifocals, which may make you position yourself poorly. Shades or change in lighting and computer glasses may make a difference.