

## Keyboard and Mouse

- Keyboard and Mouse Should Be Positioned On The Same Level
- Position Keyboard Flat Or Sloped Away From The Body
- Keyboard-To-User Distance Should Allow Elbows To Hang Close To Body

## Chair

- Seat Height Should Allow Feet To Be Positioned Flat On Floor
- Arm Rests Should Be Adjustable To Allow Shoulders To Be Relaxed
- Adjust Back Of Chair To Support Lower Back
- A Seat And Chair Back That Tilts, Allows For Ease Of Movement For Leaning and Reaching Forward

Manual Physical Therapy

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# Computer Posture



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## Posture Guidelines

- Shoulders Should Be Relaxed, Not Hunched
- Elbows Should Be At A 90 Degree Angle
- Forearms Should Be Parallel To Floor
- Wrists Should Be Straight - Not Bent
- Hip and Knees Should Be At 90 Degrees
- Thighs Should Be Parallel To Floor
- Feet Should Be Flat On The Floor

## Monitor Position

- Monitor Should Be Approximately An Arm's Length Away
- Monitor Should Be Directly In Front of User
- Top Of Screen Should Be At Or Slightly Lower Than Eye Level
- Position Monitor Perpendicular To Window Or Light Source To Avoid Glare

## Work Practices

- Get Out Of Chair Once Every Hour
- Break Up Long Periods Of Computer Use By Doing Small Tasks Away From Computer
- Avoid Tilting Head/Neck To The Side To Support Phone On Shoulder
- Use A Headset If You Use The Phone Frequently

- Keep Items Frequently Used Within An Arms Length Away

**For More Information  
Or  
To Schedule A  
Posture Assessment  
At Your Computer  
Call**



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