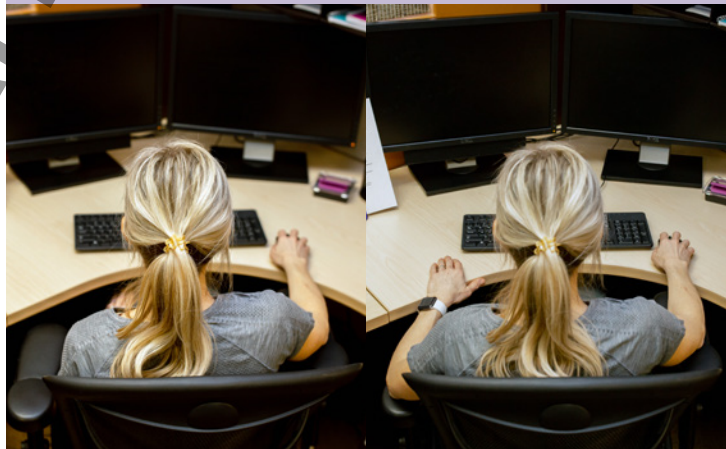


OFFICE

- ✓ Select an office chair that is adjustable (i.e. ability to move the chair up and down, the seat forward and back, the lumbar support up and down, and arm rests up and down).
- ✓ The top of your computer screen should be approximately at eye level.
- ✓ Keep your knees at or slightly above hip level. Place a block under your feet if needed.
- ✓ Keep your phone and any papers you are reading from positioned on your left side.
- ✓ Occasionally use your left hand to hold the phone, and if possible, occasionally try to operate your computer mouse with your left hand.
- ✓ When operating a computer mouse with your right hand, keep your left hand on your thigh, and/or consider raising your right arm rest higher than your left.



For additional activities and recommendations, please visit www.posturalrestoration.com/pri-resources/pri-living

