



Posture and Productivity!

Simple tips & exercises to help combat pain from prolonged sitting at work or on your devices

1. Set up for success



Computer screen height

Ensure you are able to look straight ahead into your screen without looking down

Chair height

Your chair should be at the proper height to allow your knees and hips to be in 90 degree angles

Keyboard location

Your elbows should be in 90 degree angles as your fingers rest on your keyboard

Back support

Ensure you're in an erect, upright position without slouching. Sometimes low back support or lumbar rolls help you maintain this position longer

Computer screen distance

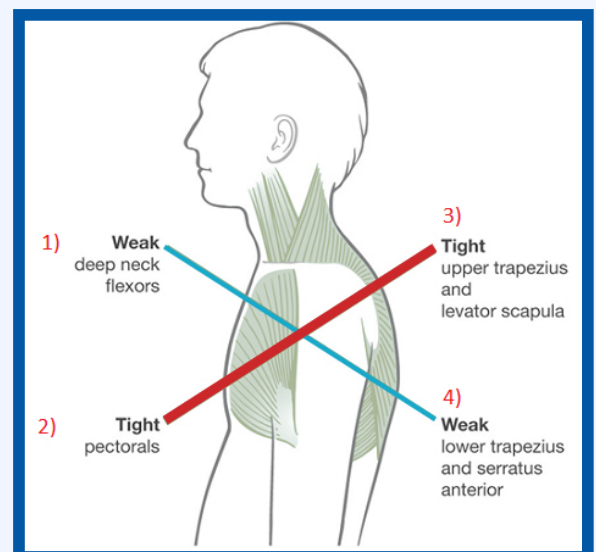
Making sure the screen is not too far away is crucial to stopping you from leaning forward to see

2. Perfect your posture

Consistently performing simple exercises daily can help counteract the negative effects on your body from prolonged sitting.

Focusing on these areas can help:

- ✓ Thoracic Mobility
- ✓ Cervical (neck) stability
- ✓ Flexibility of Chest (Pectoralis) and Neck muscles



Mid-back

Thoracic Mobility

Thoracic Extensions:

Support your head with your arms and slowly arch your back over a foam roller, towel roll or back of chair.



Neck

Cervical Stability

Cervical Retraction Chin Tuck:

While sitting or standing upright, retract your chin as shown in the picture. Be sure not to bring your chin to your chest.

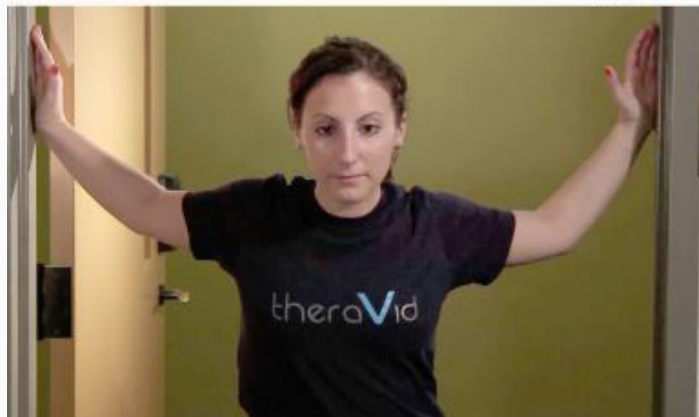


Chest

Pectoralis Flexibility

Pec stretch:

Begin standing with a doorway about 1-2 feet in front of you. Place your forearms on either side of the doorway and step forward. Slowly shift weight onto front foot until you feel a stretch in your chest.



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