



# 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

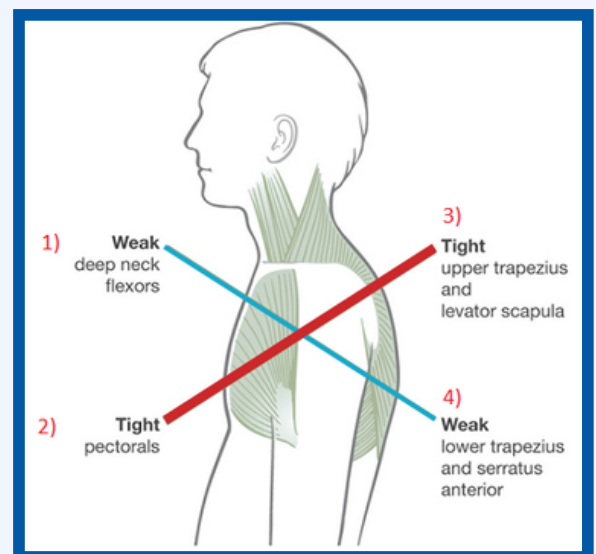
Making sure the screen is not too far away is crucial to stopping you from leaning forward to see

## 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.

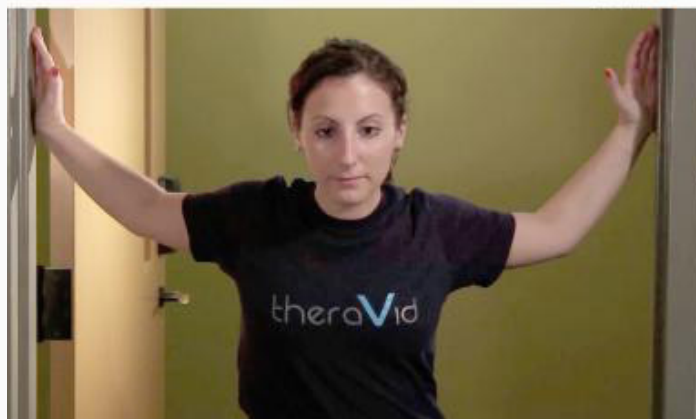


## Chest

### 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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