

# Practice Wellness



Therapeutic Massage

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Presentations  
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Top of monitor at or just below eye level

Head and neck balanced and in-line with torso

Shoulders relaxed

Elbows close to body and supported

Lower back supported

Wrists and hands in-line with forearms

Adequate room for keyboard and mouse

Feet flat on the floor

<http://www.osha.gov/SLTC/etools/computerworkstations/index.html>

**Ergonomic** principles deal with how we interact with our tools and materials safely, comfortably and efficiently.

**Biomechanics** is the study of mechanical law as it relates to the body. In the workplace, it is using the body with the least force by muscles and gravity.

**Neutral position**, halfway through the range of motion, decreases injury risk.

- ~Head is level and balanced over the spine.
- ~Shoulders are relaxed and arms hang down naturally at your sides.
- ~Elbows are close to the body and bent slightly greater than 90 degrees.
- ~Hands, wrists and forearms are straight and slightly tilted towards the floor.
- ~Feet are flat and fully supported by the floor or a large footrest.
- ~Back is fully supported by the chair back with fitted lumbar support.
- ~Hips are evenly positioned under the spine, knees even or slightly higher.
- ~Spine is straight, not turned or twisted.

**Your next position is your best position!**