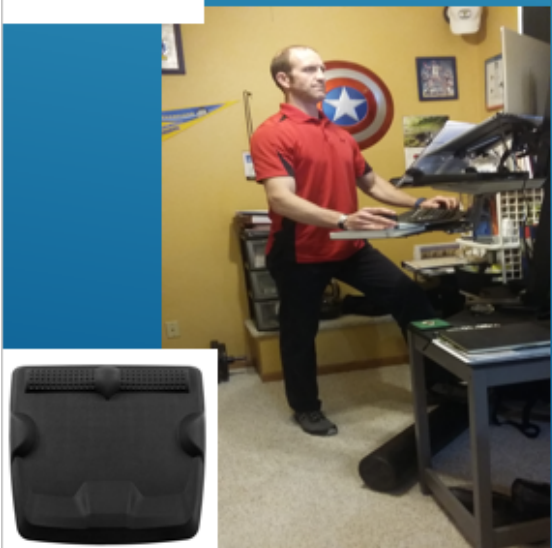
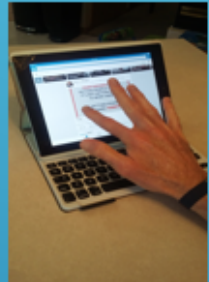
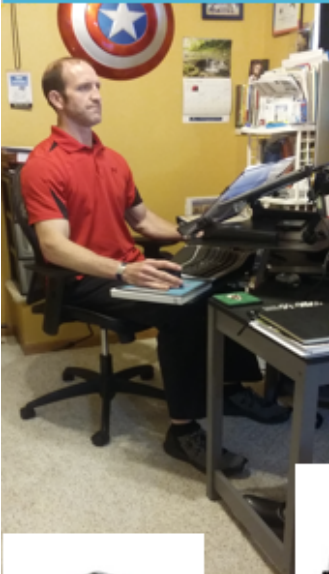




8 Work Smart Techniques for Computer/ Laptop Office Ergonomics – Working at Home



- 1. Keep your feet flat on the floor OR footrest sitting;** and **AVOID/ Limit time daily sitting with** Pulling legs back underneath your chair, crossing your legs, sitting or feet, or slouching to protect your knees, lower back, hips, and shoulders – **Reduce stiffness, pain, injury risks!**
- 2. Use your whole hand and fingers to operate your mouse;** Avoid using fingertips only to reduce elbow, wrist, and thumb stiffness and pain or tendonitis/ carpal tunnel risk factors. Make sure mouse size is large enough for your hand size and finger length.
- 3. Use an Open Hand (see photo L side) and vary finger used to operate smartphone, tablet, or touchscreen computer, and AVOID/ Limit time with awkward and high force Pistol grip posture**
- 4. Directly face your work (make sure at proper height), & Use a document holder to hold up paperwork (KEY to AVOID headaches, shoulder, elbow, wrist, hand MSDs)** to avoid awkward neck, lower back postures when paperwork is flat on your desktop
- 5. Keep mouse, keyboard, phone, and calculator within easy arms reach (limit fully extended arms postures);** Keep elbows close to sides of body when using mouse or keyboard, or calculator.
- 6. Avoid Contact Stress with wrist, or forearm resting on sharp edge of desk, & Avoid leaning on elbows** as these awkward forces irritate and excite nerves and increase risks of tendonitis, carpal tunnel or elbow bursitis.
- 7. Make sure to STAND UP, and STRETCH, or Walk for 3-5 minutes for every 1 hour of continuous sitting** to improve your overall well-being, reduce MSD risk factors of stiffness/ pain, and kickstart your metabolism!
- 8. STAND UP at Sit to Stand adjustable workstation for 15-30 minutes/ hour and slowly increase your percentage of time spent standing UP overtime to REDUCE MSD Injury Risks and Improve Well-Being!**

Contact Info: 3D Lifestyle Athlete, LLC Physical Therapist/ Owner Erik Nieuwenhuis MS, PT, CAFS 712-574-5604 Cell phone 3dlifestyleathlete@gmail.com www.3dlifestyleathlete.com
To Optimize Your Body's Vital Mobility and Well-Being™