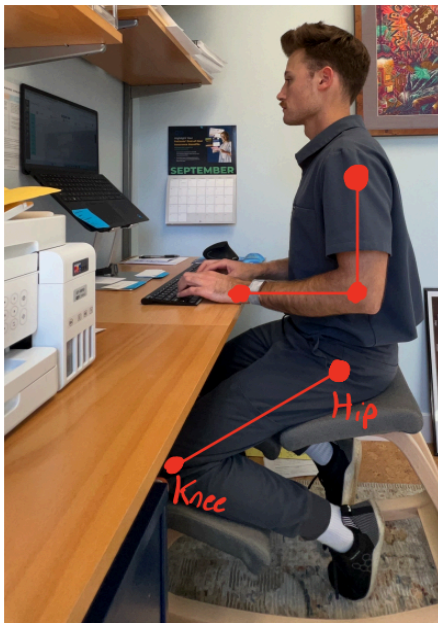




## Dr. Sklar's Ergonomic Tips for Work

### 1. Sitting at a desk

- a. Get a chair with a good lumbar support that hits your lower back just above the beltline
- b. (If possible) tilt the seat forward so your knees are lower than your hips
- c. Elbows should be directly below shoulder and bent at 90 degrees to keep the wrists neutral



- d. Your eyes should align with the top  $\frac{1}{3}$  of the monitor
- e. 2 monitor setup
  - i. If you use both equally, split them down the middle
  - ii. If you use one more frequently, use your main monitor right in front of you, and alternate the other monitor to each side every week

### 2. Standing desks

- a. Standing desks are a great option if they work for you, and the same rules apply for your shoulder/elbow/wrist
- b. Remember to vary positions frequently (i.e. sit for 30min stand for 30min) to keep the body moving and away from one position for too long

### 3. Active sitting

- a. Sitting on an exercise ball or using a Qor360 chair is a great way to keep your body in motion, core engaged, and with good posture

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#### 4. Laptops

- a. Not a preferred way to work- if you do use your laptop, get an external keyboard and mouse, and a laptop stand for your computer so you can set it up with the same rules as above
- b. Or.. just get a monitor. You're worth it.

#### 5. Things to avoid

- a. Sitting on the couch and working, using the dining room table, etc. Set up a work space you love- you spend so much time there!

#### 6. Take breaks!

- a. The biggest problem with working is holding a posture for prolonged periods of time. Set a timer for every 20 minutes (minimum 2x/hr) so you can stand up, extend your head and arms, do some knee bends, and reset your posture. Even getting up for 30 seconds is enough to counteract the seated posture!

#### 7. Text neck

- a. Use your body's built-in phone stand! Cross your other arm, and rest your phone hand elbow on the crossed arm (see pic)
- b. If your head is leaned forward 30 degrees, it puts 30lbs of stress on your neck. At 40 degrees, it puts 60lbs of stress on your neck.



For more stretching and exercises, go to our youtube channel: [Click here!](#)

Qor360 chair: [Qor360](#)

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