



**"I enjoy working from home it allows me to spend more time with the ones I love!"**

**"Home office is great! But my neck hurts!"**

Basic Set Up: Adjust your body, your computer, and items in your home.

Your body: MOVE every 20 minutes. Have a routine of motions, shifts in your work positions and postures.

Regular motion rather than a singular posture sustained 40+ hours a week.

Your Items: Buying the "ideal" set up can be pricey. Try what you have first, then explore if you need to make a few adjustments or additions.

### **Steps to Take For A Better Work Space:**

1. Avoid a prolonged forward head posture
  - a. Refresh your posture with "[Axial Elongation](#)" and with "[Shoulder Setting](#)"
2. Monitor ~18 inches from you (comfortable but not too close). Monitor is centered directly in front of your eyes with a slight downward gaze
  - a. Every 10 to 20 minutes close eyes briefly or gaze away relaxing eyes
  - b. Option: Use blue blocker glasses to decrease eye strain
3. Elbows comfortable by your side and "below the shoulders" and supported slightly past 90 degrees.  
Adjustable armrests, use them, up/down, in/out to provide a change in your posture.
4. Wrists neutral at the keyboard. Avoid prolonged typing at a laptop keyboard. Use an external keyboard. Balance your rib cage over your pelvis. This alignment allows you to recline or incline (hinge from hips forward/backward). Avoid hips rolling inward. Okay to sit without back support but placing a pillow behind you allows you the option to recline, adjust your posture. Couch pillows work well, they are usually stiff and support pretty well.



Tips: Hips positioned slightly above knees. If you cross legs, uncross and stretch. If you love to cross your legs, add a support under one hip. A 4" x 4" size such as a folded towel place under one hip (one or other). Feel and see how it changes your spine and posture.

5. Feet should be able to easily be in contact with the floor, allowing you to push through your feet into the floor adjusting your spine up to your neck and shoulders.

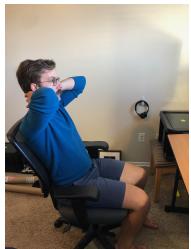
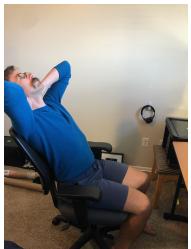
The picture on the left shows adding a towel to help line up your rib cage over your pelvis. The picture on the right demonstrates a staggered foot position to change your pelvis and posture. You may want to have a step stool or box available to place your foot on intermittently to shift your posture.

**A few more. We know the bed, dining room table, floor have become work spaces so let's make it better!**



**Keep going to see some ideas for taking a movement break!**

Stretches in the chair



**Out of the chair and onto the floor.** Upper back extension (with foam roller or towel roll)



Open book



Hip flexor stretch

Deep squat