

## Dr. Tatum's Quick Ergonomic Tips For Work-Desk Set Up For Prevention of Pain from Overuse Injuries or Improper Ergonomics:

- The height of the monitor should set so that the top 1/3 of the screen is level with your eye-line, and you do not need to look up.
- Your spine should be fully contacting and well supported by the back of your chair, with the lumbar curve supporting and matching the curvature of your spine.
- The placement of your monitor should be at approximately arm's length.
- The armrests should be flush with the desk surface or keyboard tray.
- Your forearms should be parallel and fully resting on the armrests at a 90 degree angle with light weight coming through them.
- Recline your chair to take a break when you are not working.
- The seat pan (depth of the seat) should stop about 3-4 fingers from the back of your knee.
- You should be weightbearing on the two "sit bones" which are the two bony prominences (the ischial tuberosities),

instead of the one bony prominence (the sacrum and coccyx or tailbone).

- Your knees should rest at a 90-degree angle, or your hips should be just slightly higher than your knees.
- Your feet should be resting on the floor or footrest with weight coming through them.

\*In general, you should strive to change position by either standing or walking, or by moving your body every 20 minutes.

Dr. Sharon Tatum, PT, MPT, DPT, CCTT  
Doctor of Physical Therapy  
Certified Cervical and Temporomandibular Therapist  
Certified Dance Therapy Specialist  
Certified Level 1 and 2 Crew Coach from USRowing