

Workspace Ergonomics Consult

In-office consult with _____ regarding his workstation photos with recommended upgrades and workspace hacks.

Following the numbers on your ergonomic photos:

1. Generally, we want to distance from our eyes to our monitor to be the length of our outstretched arm. When it is too far away we tend to lean in towards the monitor as our eyes get tired. Try pulling your monitor so close that you want to back up your head, and then bring it away from you just a few inches. That should be a good distance away for you. This is especially true for your monitor at home - get it closer.
2. The use of a laptop computer presents unique ergonomic and postural considerations. Having the screen connected so closely to your keyboard/trackpad means that either your eyes/head tilt or your arms/back are going to have to make a serious compromise. That compromise will mean tightness and pain in your body.

How often are you on the laptop? 5% or less? Is it a secondary computer? If it is 5% or less of your desk time it probably will not create too great of problems. More frequent? Then you will want to consider getting the monitor of your laptop up to the recommended eye height, at the appropriate distance from your eyes, and use a wireless keyboard and mouse at a good height. A laptop stand works nicely. You can also just use a stack of books or a box.



3. To win at your upper back and neck you will need to get a wireless keyboard/mouse. Your elbows should hang directly under your shoulders. This reduces strain in your upper back. And your elbows should

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be be at an obtuse angle (slightly greater than 90 degrees). To accomplish this you can bring your chair up, your desk down, or get a keyboard tray. You will need to decide which option is best for you.

4. The angle that is happening at your upper back to your neck is causing strain in your upper back and neck muscles. Additionally, without your vertebra being "stacked" like blocks on top of each other in proper alignment you increase the pressure on the cervical discs and also hasten degenerative changes / arthritis. As taught in the Sitting Class at Positive Motion put the weight into your bones, relax your muscles, and rely less on the back of your chair (<— if this last sentence doesn't make sense take or re-take the Sitting Class as it is fundamental to being comfortable and pain-free when sitting).

5. In your home office seated photo you are leaning your lumbar and thoracic spine forward. This leads to tension in your posterior fascial lines which travels into your neck and upper back. When you get your wireless keyboard/mouse and get your external monitor the appropriate distance from you (and/or your laptop to a proper height) then much of this should go away.

If you have any questions about your workstation setup as you start to make these changes please don't hesitate to email me directly, dr.pedersen@positivemotionhealth.com. The small changes you make to your daily workspace can help your body feel fantastic and energized at the end of your workday.

Sincerely,



Brant E. Pedersen, D.C., CCSP

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