

Six Physio

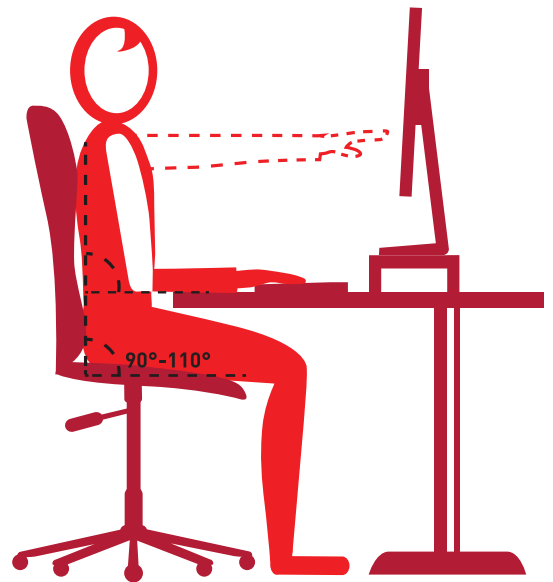
Ergonomic Checklist

Did you know.....

- ☞ Sitting and leaning forward (typing!) places 150% more pressure on your spinal disks than when standing.
- ☞ The average person will spend 16 hours a day sitting or standing.... that's 2/3 of your life!
- ☞ Ergonomic related injuries include a vast range of musculoskeletal disorders - Tendonitis, Carpal Tunnel Syndrome, Tennis Elbow, Neck and Back injuries - and affect over 1 million people in the UK.

Six Top Tips for an Ideal Posture

- ☞ Feet should be flat on the floor – or use a footrest
- ☞ Adjust seat tilt so Hips are slightly higher than Knees¹
- ☞ Lengthen your Spine to its natural balanced position: bottom against back of the chair, and top back should be supported too
- ☞ Elbows should be at right angles, resting on your desk (a slightly sloping work surface should be used when reading & writing)
- ☞ Screen should be at arm's length and at 10° -20° below eye level
- ☞ Your mouse and phone should be within easy reach. If more than 40% of your day is spent on the phone, use a headset.



If you suspect your workstation is a contributing factor to any on-going symptoms: numbing or stiffness in joints, or tingling, aching sensations in muscles, then you require a Work Station Assessment. Please book an appointment and a written report of findings and recommendations will be provided.

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¹The use of a forward tilting seat is not advisable for certain medical conditions, if there is any pain do not persist, use the seat in a level position or where comfortable. Initially vary posture regularly to allow muscle groups to adjust to the new position.