

Things to consider with desk and computer set-up:

- **Eyes level with middle of screen.**
- **Elbows slightly bent.**
- **Keyboard/ mouse/ work surface 1-2cm below bent elbow.**
- **Wrists just cocked and supported.**
- **Feet flat on floor/ foot rest.**
- **Hips and knees bent to 90 degrees.**
- **Seat wide enough to support thighs.**
- **Seat depth should be 2 finger widths clear of back knee crease.**
- **Avoid staying in the one position for longer than 20 –30 minutes.**
- **Don't stay in a position that causes any discomfort.**

Movement Solutions

physiotherapists with special interest in childhood conditions and sports injuries

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