

# MRPT PHYSICAL THERAPY



SIT UPRIGHT WITH KEYBOARD AND ARM REST AT ELBOW LEVEL



SIT WITH FEET AND BACK SUPPORTED



SIT WITH LEGS CROSSED & MONITOR AT EYE LEVEL



MOUSE IN EASY REACH



SUPPORT FEET



KNEES --LOWER THEN HIPS

## GOOD SITTING POSTURE

- GOOD THINGS TO DO:
- Sit with back supported
- Feet always supported
- Monitor at eye level
- Seat at right height
- Use a headset
- Don't reach for phone
- Keyboard at right height
- Mouse is in easy reach
- Change sitting positions every 10 minute



SIT WITH SOFT ROLL UNDER THIGHS



SIT UPRIGHT WITH FEET SUPPORTED WITH FOOT REST



USE A HEADSET AND KEEP TELEPHONE IN EASY REACH



SIT RECLINED WITH FEET SUPPORTED



**DO NOT SIT WITH HEAD REACHING FORWARD**



**DO NOT SIT WITHOUT BACK SUPPORT**



**DO NOT TWIST BACK— TWIST FROM CHAIR**

# ***POOR SITTING POSTURE***

## **THING NOT TO DO:**

- Crane neck forward
- Sit without back support
- Suspend feet
- Reach for phone
- Desk too high or low
- Keyboard too high or low
- Mouse too far away
- Look down or up at monitor
- Sit slumped forward
- Cradle phone with neck
- Twist your back instead your chair
- Remain in same position for more then 10 minutes



**NO SUPPORT FOR FEET**



**MONITOR HEIGHT TOO LOW**



**KEYBOARD TOO HIGH**



**DO NOT CRADLE PHONE WITH YOUR NECK— KEEP PHONE IN EASY REACH**



**DO NOT SLUMP OVER**

**MRPT PHYSICAL THERAPY**  
 6 East 45th Street, Suite 1205  
 New York, NY, 10017  
 212-661-2933