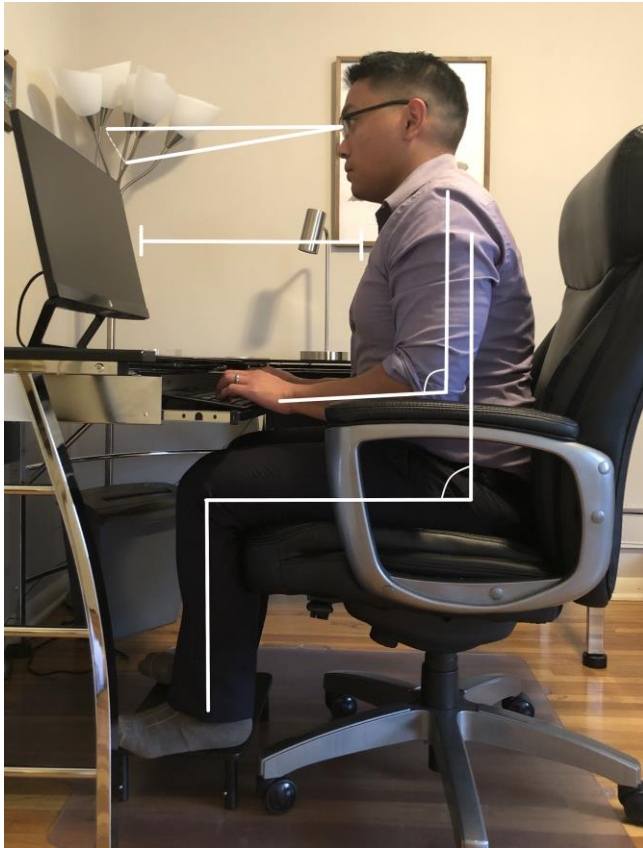


Tips for Setting Up Your Computer Workstation at Home⁴

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The Basics^{5,6}

Research literature has supported an established link between musculoskeletal disorders (MSDs) affecting the spine, arms and legs with improper posture and quality of ergonomics of computer workstations. There are basic guidelines to be considered when trying to determine the best fit for an at-home workstation.

Posture⁴

Ideal seated work posture is when the back is straight or slightly reclined (95–110°), shoulders are

out to the side (abducted) less than 20°, elbows are bent (flexed) at 90–100°, and the forearm is pronated (thumbs pointed towards each other) with the wrist, hand, forearm in a straight line with the work item. Wrist extension or deviation of more than 15° must be avoided. An individual's legs should be perpendicular to the floor, thighs parallel to the floor, hip joint slightly higher than the knee joint, and with the feet resting flat on the floor or on a footrest.

Workstation Specifics⁴

Ideally, a workstation should have an adjustable work surface, a keyboard tray, a keyboard and mouse at the same level with frequently used items placed within easy reach. US OSHA recommends a chair with adequate lumbar support, sufficient depth and width to accommodate the user and adequate thigh and knee clearance.

Typically, the top edge of the monitor lies at eye level or slightly below and is placed approximately an arm's length away from the user to limit bending or extending the neck to read the monitor.

Recommendations to Limit Aches and Pains^{1,2,3}

- Take frequent rest breaks; take at least four supplemental 5-min rest breaks and two conventional 15-min rest breaks throughout a workday.
- During rest breaks, step away from the workstation, try to spend some time looking away from the computer monitor to decrease visual strain.
- Implement simple therapeutic exercises/stretchers to minimize discomfort, muscular fatigue and improve posture. These could include but are not limited to: shoulder blade squeezes, chin tucks, upper trapezius stretch, seated trunk rotations, nerve glides of the upper extremity, wrist extension/flexion stretches, seated pelvic tilts, long arc quads, and ankle pumps etc.
- Be mindful and allow yourself to take deep breaths throughout the day (Computer users with mental stress have demonstrated a tendency to exert more force on a keyboard or mouse).

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