

Office posture and reducing strain on the body.

Correct Sitting Posture

This is of the up-most importance as when we are standing the spine has three curves that form a “s” shape. The spine must lengthen and the pelvis tilts forward slightly. It is this forward tilting that is often lost in the sitting position resulting on greater loading of the spinal discs.

How to sit correctly.

- Make sure your bottom is fully into the back of the chair. You need to maintain your normal inward curve in the low back. This is different for each person, some need this low down some need this higher up. To understand where yours is stand up and observe your spine side on and see where it dips in.
- Tilt the seat forwards if possible or use a wedge cushion (11 degrees are good).
- Adjust the chair height so that the hips are higher than the knees.
- Once sitting you should feel tall (spine fully elongated) but supported by the chair so relaxed.
- Get you sitting position correct in the chair then move the chair towards the desk.
- If changing tasked at the desk reassess your position each time.
- Make sure the desk height is such that the middle row of the keyboard is level with the elbow. Think of wrist supports to make this possible.
- The screen at arms length and on eye level directly in front of you.
- If on the telephone think of getting the head set so your hands can be free.
- Mouse – Make sure your elbow remains by your side when using your mouse. If you reach for your mouse you will use all the muscles around the shoulder and up the neck and these can therefore get tight and sore. Your wrist should be flat when using the mouse.
- Lastly keep moving either by squeezing the buttock muscles when sitting or just stopping what you are doing momentarily and using the muscles in a different way.

The main thing is you should feel the spine elongated but relaxed in your seat.