

## Hand Therapy

# Recommendations for good workstation ergonomics (posture)

### Things to avoid:

- Twisting and side bending of the neck and trunk (for example: tipping your head to one side);
- Reaching far out to the side;
- Repeating the same movements involving the same fingers for long periods of time.

### Try to keep:

- Your lower arm supported at angles between 60° - 100° bend at the elbow;
- Your wrist in midline position;
- Your body-weight equally distributed over both legs, with your feet flat on the floor, or if they cannot touch the floor, use a foot stool.
- Your chair height so your knees are level with your hips

### General tips:

- Rearrange your workstation to avoid over-stretching;
- Reduce the number of actions by sharing tasks between left and right hands;
- Take regular breaks and change tasks regularly;
- Consider touch typing training.



## Patient Information

### For the best visual conditions:

- Use glasses if needed;
- Avoid glare by placing your computer screen a half turn away from the window and by using blinds;
- Ideally have some light projecting upwards and 75% of the light projecting downwards.

### Further Information

For more information contact:

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#### Document History

Department:	Hand Therapy
Contact:	23257
Updated:	August 2021
Review:	August 2023
Version:	4.2
Reference:	HIC/LFT/1238/11