

Hand Therapy

Recommendations for good workstation 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 a 60° and 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. If your feet 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.
- Have some light projecting upwards and 75% of the light projecting downwards.

More information

For more information contact:

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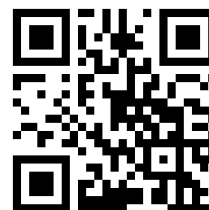
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