

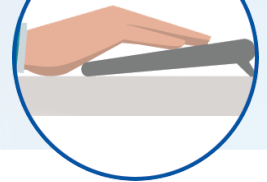
HOW TO SET UP YOUR WORKSTATION

For Less Stress, Tension & Pain

1

Sit up tall. The top of your monitor or screen should be at or slightly below eye level.

2



Keep your wrists neutral. Rest your forearms on the chair and desk can also help reduce tension. Avoid lifting your wrist and hand to use your mouse and keyboard.

5

Use the back of your chair, it offers support. Avoid stools or chairs that are too deep. If needed, add a pillow behind you for support

18/24 in (45-70 cm)



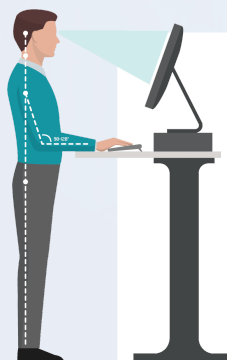
3

Keep your hips slightly higher than your knees, without letting your feet dangle or hang.

4

Low back support is important. Try placing a rolled towel in the small of your back for relief and added support.

STANDING DESKS



Standing desks help reduce stress, tension, and improve posture. The goal of a standing desk is to periodically change positions **and not stand all day.**

STRETCH FROM YOUR DESK

TRY **3** SIMPLE THESE **EXERCISES**

THAT CAN HELP YOU RELIEVE TENSION, HEADACHES,
AND PAIN (WITHOUT LEAVING YOUR DESK)

SHOULDER BLADE RETRACTION

- STAND OR SIT: PULL SHOULDERS BACK (WITHOUT SHRUGGING)
- SQUEEZE SHOULDER BLADES TOGETHER AND DOWN.



HOLD FOR **5** SECONDS REPEAT **10** SECONDS TIMES **1-2** PER DAY

TURN & PUNCH

- SIT UP TALL
- REACH ACROSS YOUR BODY WITH YOUR RIGHT HAND TO TURN TO YOUR LEFT
- REACH ACROSS YOUR BODY WITH YOUR LEFT HAND TO TURN TO YOUR RIGHT



REPEAT **10** SECONDS TIMES **1-2** PER DAY

CHIN TUCK SLIDE

- SIT WITH YOUR HEAD AND SHOULDERS IN CONTACT WITH THE WALL
- KEEP YOUR HEAD IN CONTACT WITH THE WALL AS YOU SLIDE THE BACK OF OUR HEAD UP THE WALL AND TUCK YOUR CHIN TOWARDS YOUR CHEST.



HOLD FOR **1-2** SECONDS REPEAT **10** SECONDS TIMES **1-2** PER DAY

Want More Help?

If you're struggling with pain and want to get back to feeling normal again, then we can help you!

Schedule an evaluation with a Physical Therapist today and learn what you can back to doing what you love -- **without relying on medications, surgery, or just "living with it."**

- APPOINTMENTS ARE EASY AND QUICK TO SCHEDULE
- WE ACCEPT NEARLY ALL INSURANCES, AND
- A DOCTOR REFERRAL IS NOT REQUIRED TO GET STARTED

To schedule or learn more,
Call (716) 458-1990
or visit Buffalorehab.com