

Quality Chiropractic

Adjusting The Quality Of Your Life

Home Ergonomic

6 Keys to the Perfect Ergonomic Home Workspace

1. Chair
2. Desk
3. Monitor
4. Keyboard & Mouse
5. Your surroundings
6. Laptop Adjustments

We are offering

Virtual Consultation

to evaluate your workspace!
Call and sit one up **TODAY**.
This time is stressful enough,
don't add pain to the equation.



Dr. Camille D'Amato



6231 Leesburg Pike, Suite 201
Falls Church, VA 22044
Phone: 703-237-0404
www.qualitychirova.com

Dr. K.C. Adolph



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Chair

Height – You should be able to sit with your feet flat on the floor and your thighs roughly parallel to the floor. If your chair is too tall and you cannot reach the floor use a foot rest to get the right leg angle.

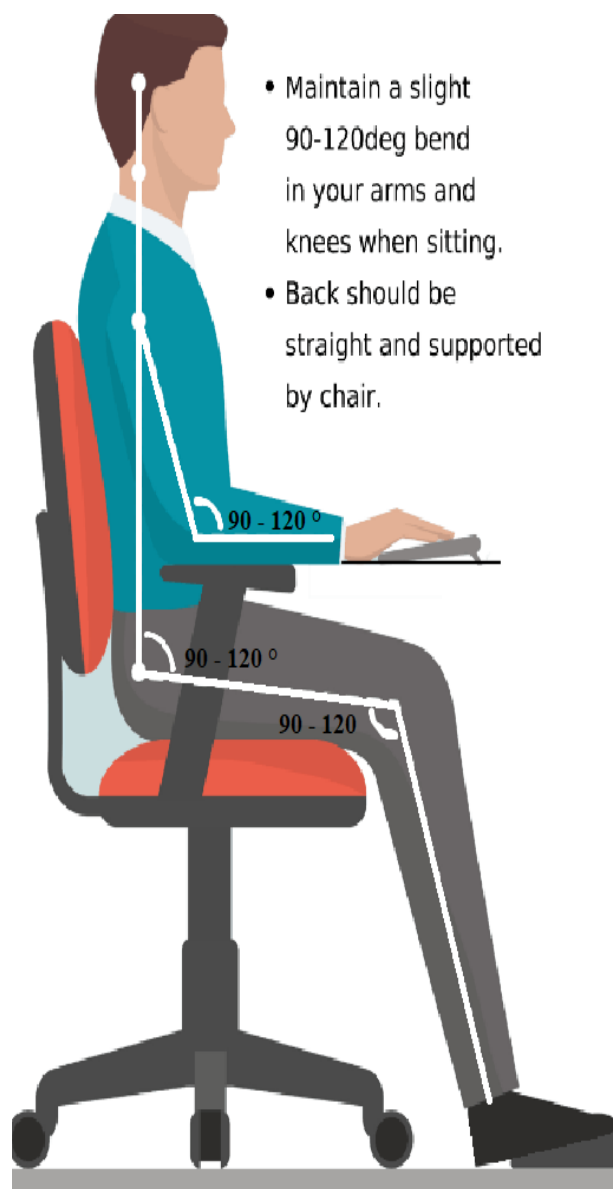
Backrest Recline and Tilt – To reduce stress in your spine, an office chair that reclines and tilts with tension control are absolutely critical. Look for chairs that can recline at least 135 degrees back with synchronous tilt.

Lumbar support – the shape of the backrest should have a natural curve to support your lower back. Consider using a lumbar support pillow if your chair lacks proper lumbar support, we have them in stock if you need one.

Seat depth – For fixed seats, the ideal depth is 16.5", and 14-18.5" for adjustable seats.

Arm rests – Look for armrests that are not just height adjustable, but can pivot inwards to support the entire length of your forearm when performing certain tasks such as keyboarding.

Material – Try to find a comfortable amount of cushioning: your chair should feel supportive without being overly hard. Look for breathable or mesh fabric.





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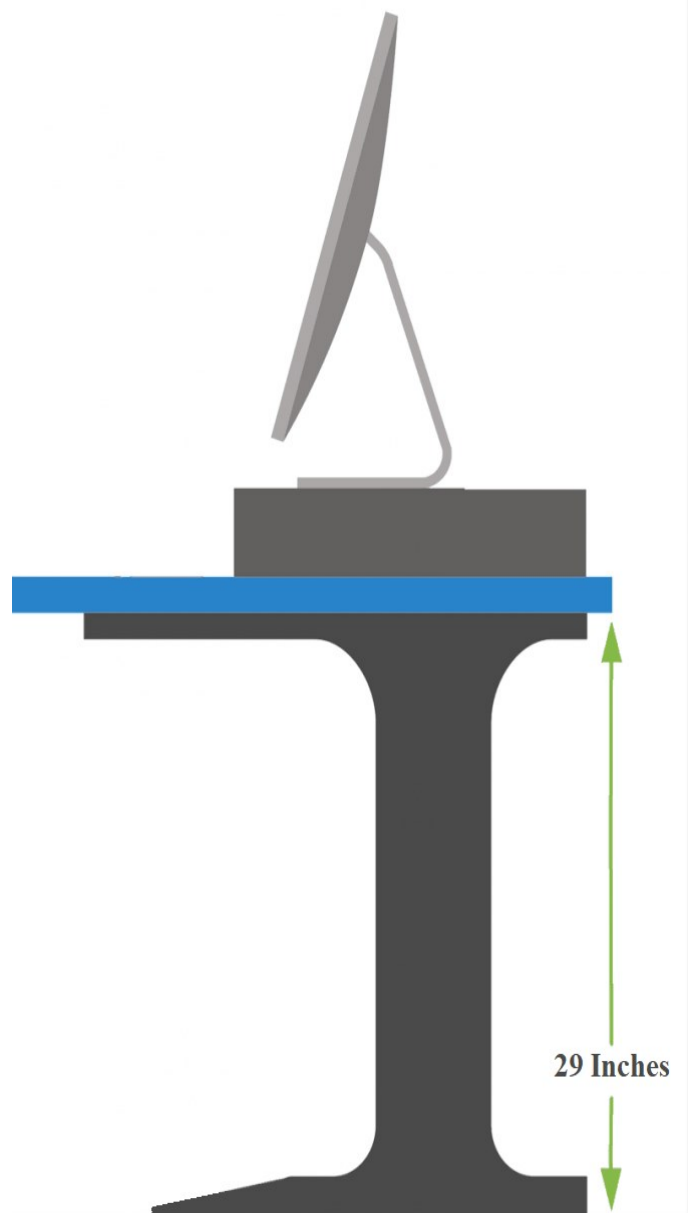
Desk

Use a Desk, Dining room table, folding table what ever you have.

DO NOT SIT ON YOUR COACH, OR BED AND WORK FROM YOUR LAP.

How do you know if your desk is at the right height?

- Your legs should fit comfortably under the desk if you are sitting with your feet flat on the floor: you should have enough space to cross your legs.
- The angle between your forearm and upper arm should be between 90 degrees and 110 degrees while your arms are at rest on the desk.
- The general recommended desk height is 29 inches plus or minus 1 inch





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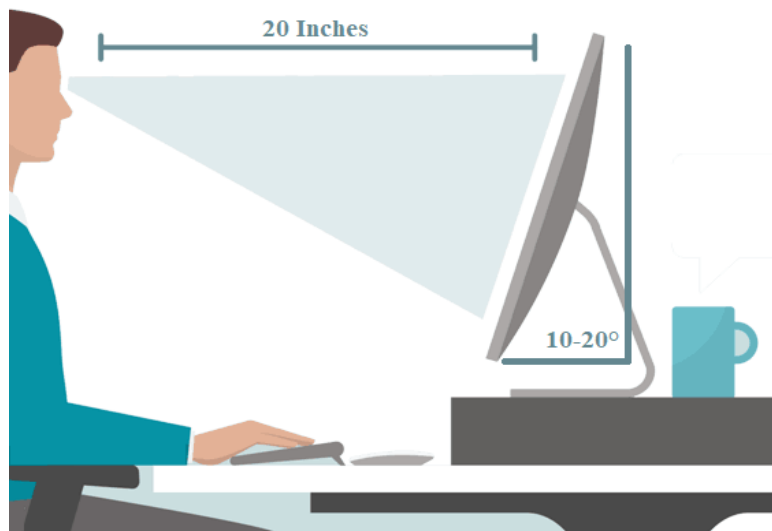
Monitor

Distance: Place your monitor about 20 inches in front of you, or at arm's length.

Angle: Your monitor should be placed at an angle of about 10 to 20 degrees. A greater angle will cause you to hold your head at an uncomfortable angle, leading to neck strain.

Height: the top line of your screen should be at or below eye level. Tilting your head back to try to read your monitor can lead to headaches and neck pain. If your monitor is not adjustable stack books under it.

Lighting: If you're lucky enough to have a window in your office space, try to avoid facing it or sitting with your back to it. Placing your monitor and desk perpendicular to the window works best. Whatever kind of lighting you use, position the monitor so



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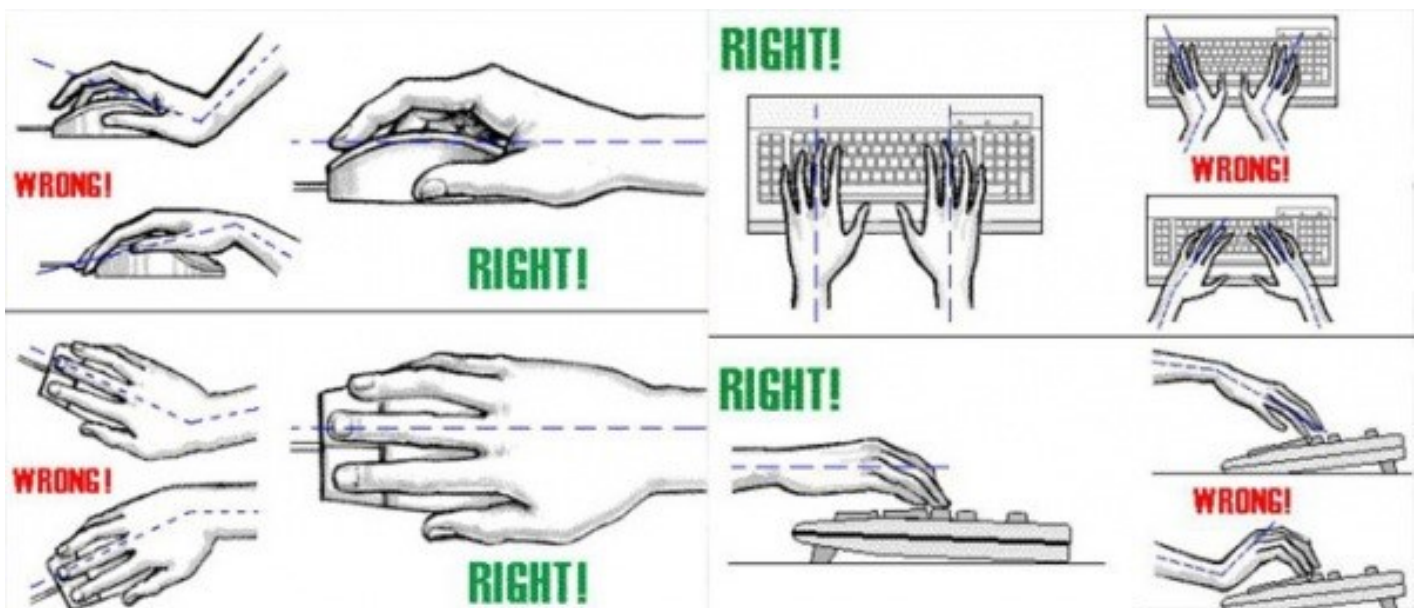
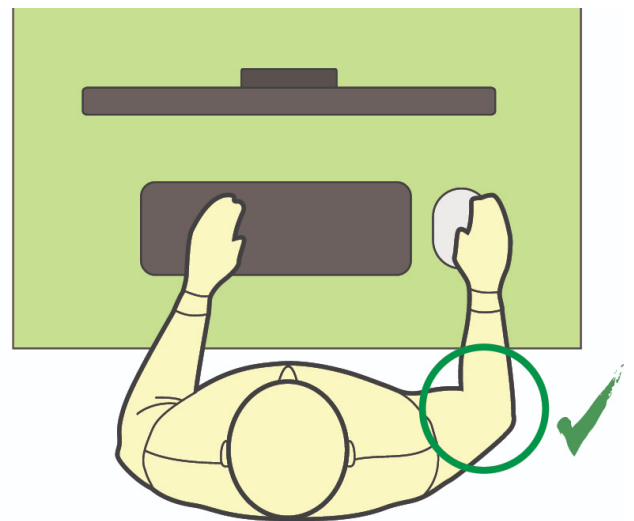
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Keyboard & Mouse

Distance: Proper sitting posture dictates where you should place your keyboard. Your elbows should be comfortably at your side rather than behind or in front of you.

Angle: The keyboard should have a slight negative angle of about 15 degrees the keyboard should tilt away from you rather than towards you.

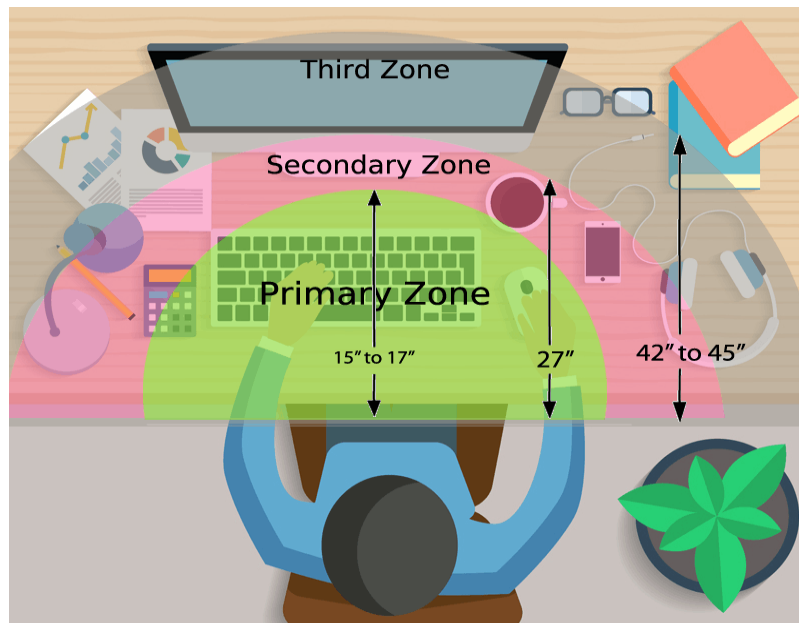
Computer mice: keep wrist straight and mouse centered.



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Your surroundings



Primary Zone: is where you can easily reach just by moving your forearms horizontally, with your elbows remaining comfortably near your sides. This area is normally dedicated to your keyboard and mouse. Nothing else should be in this zone unless you use it as much as your mouse and keyboard.

Secondary zone: is reachable by extending your arms but without leaning or bending at the waist. This is a good area for things you use frequently such as reference books, notebooks or stationary you refer to often.

Third zone: is reachable by extending the arms and bending or leaning at the waist. Although you can reach this zone without standing up, it's not comfortable to do so frequently. This is a good area for things that you use just occasionally.

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Laptop adjustments

More and more employers are replacing old desktops with laptops. Although laptops are sleek and portable, they also can make good ergonomic design more of a challenge.

Getting your monitor at the right height can make the keyboard too high, while typing with the keyboard at the right height can force you to hunch over an excessively low monitor. Getting a good negative angle on the keyboard can be difficult, too.

Investing in a separate monitor and keyboard is what most people have gone to, however, there are plenty of ergonomic accessories available that can help you. If your main concern is to improve the typing angle, a good bed tray or laptop stand is your best bet. You can also use a stand to elevate the laptop and attach an external keyboard in order to optimize the distance between the monitor and typing surface.

