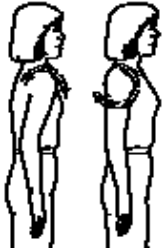


### 3) Neck Rotation with Bend



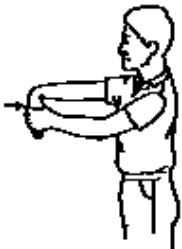
- Hold onto the edge of your seat with your left hand
- Turn Your head 45 degrees to the right, and bend head down to chest
- Hold for 30 seconds. Repeat 2 times
- Repeat turning head to left then to chest.

### 4. Shoulder Circles



- Turn your shoulders in big circles forward 10 times
- Repeat with big circles Backwards 10 times

### 5) Wrist stretch



- Hold arm out with elbows straight
- Using left hand bend right wrist so that fingers are pointing towards the floor
- Hold 30 seconds, Repeat 2 times
- Repeat with left wrist

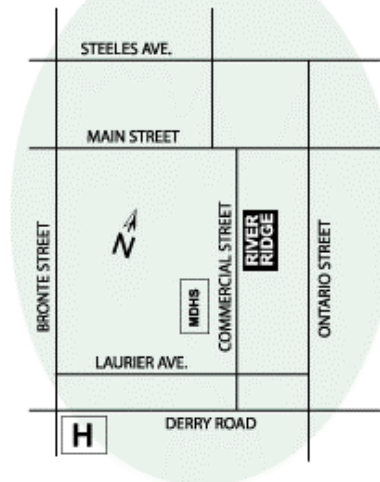
## Who Can I Speak with if I Require Treatment for Workstation Related Injuries or other Musculo-skeletal Conditions?

The Professionals at River Ridge Physiotherapy are dedicated to providing top quality health care for a wide variety of conditions. With years of clinical experience as well as continual post-graduate training we strive to provide highly effective services to suit the need of the community

### Hours of Operation

Monday through Thursday  
7am to 8:30 pm  
Friday 7 am to 4:30pm

### Location

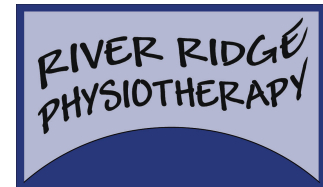


311 Commercial Street, Suite 105  
Across From Milton District  
High School

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## IS YOUR COMPUTER WORK STATION POSING HEALTH RISKS?

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RIVER RIDGE PHYSIOTHERAPY  
Suite 105  
311 Commercial Street  
Milton, Ontario  
L9T 3Z9  
(905) 693-8852



MILTON PHYSIOTHERAPY  
Suite 201  
3006 Derry Road West  
Milton, Ontario  
L9T 5B5  
(905) 878-9293

## Why is an Ergonomically Correct Workstation so Important?

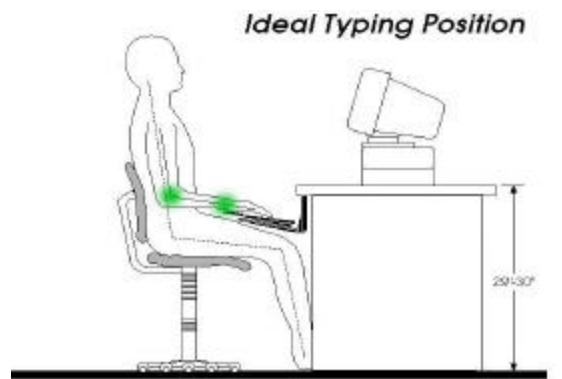
Many people today spend a majority of their workday sitting in front of a computer. With infrequent breaks and prolonged static posture, a poorly designed workspace can lead to problems such as, tendonitis, neck pain, fatigue, poor posture, repetitive strain injuries and carpal tunnel syndrome. Setting up your workstation in an ergonomically correct way and taking frequent breaks to stretch can help to prevent these problems.

## How do I Make my Workstation Ergonomically Correct?

There is an “ideal” posture to achieve when working at a computer terminal. By adjusting your workstation you should be able to maintain this posture throughout your day and reduce ergonomic risks.

1. Position top of computer screen at eye level, to ensure straight neck posture
2. Tilt the top of monitor slightly backwards
3. Position monitor approximately an arms length away, directly in front of your body (18-30 inches)
4. Reduce glare by positioning monitor perpendicular to windows, use blinds or curtains.
5. Maintain relaxed shoulder posture
6. Place feet flat on the floor or supported by footstool
7. Ensure there is sufficient room under desk

8. Position mouse and keyboard at elbow height or slightly below to promote straight wrist posture
9. Position elbows close to body and at 90 degrees
10. Place items you use most often directly in front of you.



## What Equipment do I Need?

1. If you refer to print materials often use a document holder (clip or copy stand) adjacent to screen
2. Your keyboard should be detached from the display screen, lab tops are not recommended for long-term use
3. Use a Keyboard tray with a mouse shelf extension under desk
3. Place a wrist rest in front of keyboard to ensure wrist neutral position
4. Use chair that has a) adjustable and removable arm rests so that your elbows rest comfortably and shoulders are relaxed b) adjustable height so feet rest flat on floor or stool c) 360-degree swivel and 5 point base and casters to prevent turning and twisting body.

5. Position lumbar support in small of back to maintain the natural curve of your spine
6. Use anti glare screen to prevent eyestrain.
7. If your job requires lengthy phone use, use a headset

## What Else Can I do?

Every 20 minutes get up and stretch, give your eyes a break. Here are some helpful stretches. Try doing them throughout your workday.

### 3) Neck Rotation



- a) Hold onto the edge of your seat with your left hand
- b) Turn your head towards your right shoulder until you feel a stretch
- c) Hold for 30 seconds Repeat 2 times
- d) Repeat turning head to left

### 2) Squeeze Shoulder Blades



- a) Squeeze shoulder blades together. Hold 5 seconds, Repeat 10 times.