

Ergonomic and Device Use Do's and Don'ts

The following are simple instructions that apply to everyone working with computers and/or phones. Immediate action should be taken to decrease, if not eliminate, the aggravating factors contributing to your condition:

- * Best to get a standing up/seated desk
- * Use a 95 cm or bigger exercise to sit on vs a chair
- * If wanting to use a chair (not recommending),
 - * Sit all the way to the back of your seat
 - * Use an air cushion to sit on
 - * Fill in the gap in your lower back with a support
- * Knees are to be slightly higher than the hip level so adjust the ball (more air or less air) or your chair accordingly.
- * Feet flat on the ground- if needed, use a stool to assure this.
- * Elbows relaxed and by your SIDE- Do NOT squeeze them on your side.
 - * The moment they leave your side or are brought forward, tension occurs
 - * Elbows and wrists are to be at the same level and parallel to the ground; you may need to get a pull-out tray for your keyboard and mouse.
 - * Do not leave your hand on the desk if you are not using the mouse

- * If you 'mouse' heavily, put it on a clip board on your lap if possible.
- * It is best to have a track pad vs a mouse
- * Type by pressing the keys on the keyboard gently
 - * Get the biggest size keyboard possible with the numbers on the top vs side
- * Do NOT use the arm rest at all.
- * Computer monitor to be slightly above your eye level
- * If multiple monitors, face your WHOLE BODY vs turning your head to look at them.
- * If using telephone, use the speaker phone or headphone no matter what
- * Turn off the notifications on your monitor

When using your cellphone:

- * Bring it up to your eye level
 - * Bend your elbow and keep it by your side to hold the phone
 - * If it is not eye level, your other side fist and put it in the armpit of the arm holding phone

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