## About Computer Related Discomforts

1. All ergonomic discomfort associated with computer use are avoidable and reversible.

2. Equipment and adjustment changes are very helpful; the primary focus is behavior/ posture/ technique.

3. Very few use perfect techniques and posture 100% but with accurate knowledge and appropriate adjustments and posture, discomforts are avoided and injury is prevented

4. Treatment can hasten recovery but only if low risk behaviors are implemented.
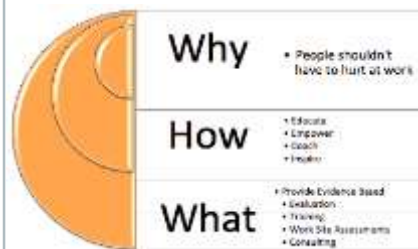
Tips

Wrist/hand discomfort: avoid any contact with keyboard, mousing surfaces and arm rests. Float hands on keyboard and mouse and **rest on 5th finger side of palms.**

Elbow discomfort: avoid reaching for the mouse or keyboard. Do not extend wrist or elevate hand with straight elbow and palm touching work surfaces. Keep elbow at 90 degrees relaxed at side of body

Shoulder discomfort: avoid reaching to the side or sitting with elbow elevated away from the side of body.

Neck discomfort: avoid sitting with chair reclined- even a little- keep head over shoulders. Using a chair forward tilt adjustment will help.

Low back discomfort: keep the natural low back curve while sitting, standing, reaching,lifting.

ErgoValley
Sue Patenaude PT MS CIE
Ergovalley.com
408-690-5654
Optimizing Motion
Dr. Kathryn Meeks PT DPT CAE
Optimizingmotion.com
408-690-3462

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5 Keys to Successful Office Ergonomic Outcomes

Optimizing Motion
Dr. Kathryn Meeks PT DPT CAE

ErgoValley
Sue Patenaude PT MS CIE

5 Keys to Successful Outcomes

KEY 1.   5 Body Parts

	High Risk	Low Risk

Thumb-
Avoid wide grip or deviation   YES   NO

Wrist-
Avoid compression   YES   NO

Elbow-
Avoid wrist extension   YES   NO
with elbow extension

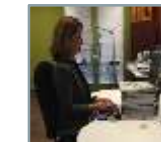**Shoulder-**
Avoid chicken wings   YES   NO

Neck-
Avoid forward, downward or
extended head   YES   NO

Back-
Avoid slouched
or rounded low back   YES   NO

Will your solutions in
Key 1 apply to **Key 2-4?**

KEY 2.   YES   NO
Apply to work
requirements

KEY 3.   YES   NO
Individual
preference

KEY 4.   YES   NO
Tools- ability
to change

KEY 5.
Follow up to ensure successful
implementation