

Remedies for Computer Workstation Pains™

Work In A Neutral Posture

Do you feel stiff and sore after working at the computer?

The key to comfort is my fourth Computer User Bill of Right: Every computer user has a *Right to Work in a neutral posture!*

It's possible to work at a computer and not be in pain or experience an injury. In order to understand the best way to set up a computer workstation, we need to understand the neutral body posture. When our joints are naturally aligned and the discs in the vertebrae align properly, breathing, circulation, and digestion improve. Pain and discomfort from stress and fatigue are virtually eliminated.

An ergonomically correct workstation places the computer user (that's you) in a position that generates the least amount of strain on your muscles, tendons and joints. That's the reason I smile so much. Smiling uses 17 muscles; frowning uses 43 muscles!

Neutral

The neutral posture is best because it requires the least work from muscles and tendons allowing you to work smarter, not harder. It places the least amount of stressors on the body, minimizes exposure to health and safety risks, and maximizes peak performance. It is the most comfortable body position.

Get ergonomized!

The neutral body position for computing occurs when: your body weight is distributed, your feet are in the right place, hip angle is 90 to 120 degrees, lower back is supported, elbows are relaxed, wrists-hands are flat (not stiff), fingers are slightly curved, and your head is properly aligned over your shoulders.

Workstation changes need to be made in small incremental adjustments. A *two-inch* workstation adjustment can be the difference between being in pain and being comfortable. *Subtle changes make big differences.* The neutral posture is applying the principles of ergonomics. The neutral body posture can reduce potential fatigue, thus increasing your computer energy.

Learn more at: www.ErgoCorrect.com

Dave Pfeil
Ergonomic Strategist