

MARIN PHYSICAL THERAPY

Sitting Ergonomics



1. Knees slightly below hips.
2. Rear all the way back in corner of chair.
3. Lean back against back rest.
4. Low back supported.
5. Head balanced over spine, not forward.
6. Elbows at side, supported.
7. Wrists in neutral, not extended.
8. Chair close to desk.