

# Sitting Pretty

The right desk set-up can take the pain out of your workday. (The physical pain, anyway.)

## Phone

Holding the phone between your shoulder and your ear overworks the muscles on one side and leads to muscular imbalance. Rock a headset when you talk and type.

## Arms

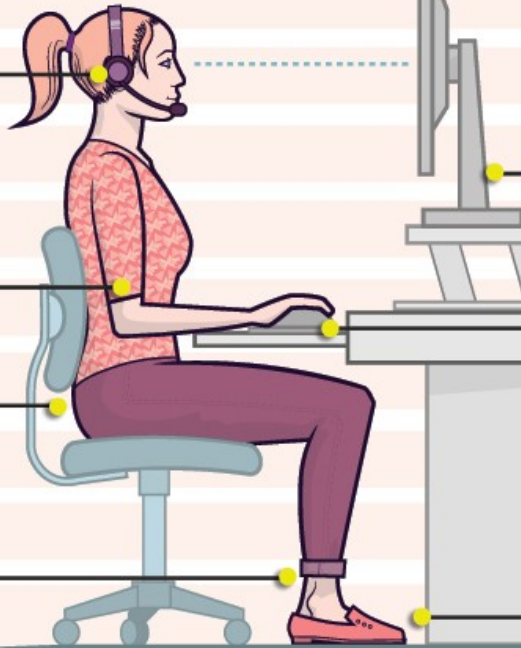
Your arms should bend at about 90 degrees, allowing the muscles around the elbows and forearms to relax. Adjust your seat height to accommodate.

## Seat

Scoot all of the way into the seat and use the back of the chair to help you sit up straight, so you can give your back muscles a break.

## Legs

You want your knees at right angles or out in front of you. If you can't reach, rest your tootsies on a foot stool.



## Monitor

Prop your computer monitor on a stand or a stack of books to keep it at eye level. Looking down at the screen contracts and shortens the scalene muscles at the front of your neck.

## Keyboard & Mouse

Push your keyboard and mouse away from you so you can rest your arms on the desk, instead of relying on your shoulders and neck to hold them up.

## Feet

Place your feet flat on the floor. Avoid crossing your ankles and tucking them under the seat—it makes you arch your back and contract your hip flexors.

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