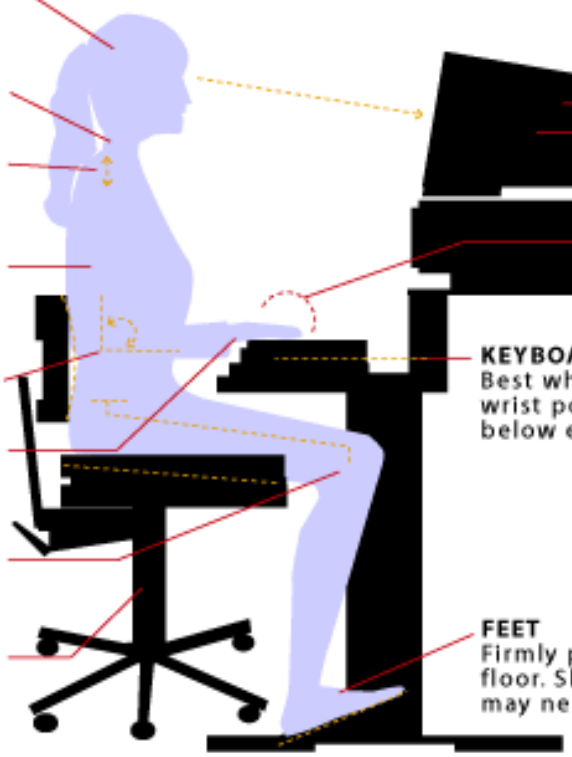
TruOrtho

Setting up your workstation



HEAD
Directly over shoulders, without straining forward or backward, about an arm's length from screen.

NECK
Elongated and relaxed

SHOULDERS
Kept down, with the chest open and wide.

BACK
Upright or inclined slightly forward from the hips. Maintain the slight natural curve of the lower back.

ELBOWS
Relaxed, at about a right angle.

WRISTS
Relaxed and in a neutral position, without flexing up or down.

KNEES
Relaxed and in a neutral position, without flexing up or down.

CHAIR
Sloped slightly forward to facilitate proper knee position.

SCREEN
At eye level or slightly lower.

FINGERS
Gently curved.

KEYBOARD
Best when kept flat (for proper wrist positioning) and at or just below elbow level.

FEET
Firmly planted on the floor. Shorter people may need a footrest.