



Physical Therapy, Rehabilitation  
and Sports Medicine



# Computer Ergonomics

## BODY POSITIONING


### HEAD

Level, balanced, generally in line with torso   
Eyes 20-30" to middle of screen 



### UPPER BODY

Shoulders relaxed, upper arms loose   
Elbows close to body, bent 90-120 degrees 


### LOWER BODY

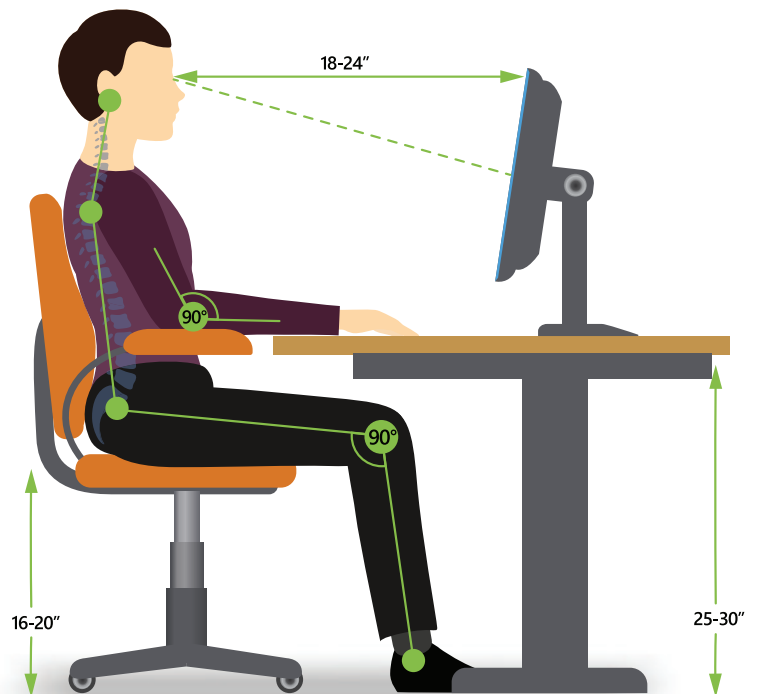
Lumbar spine protected (sitting, leaning back)   
Hips balanced, supported on padded cushion 

### LEGS

Thighs supported, generally parallel to floor   
Knees loose, bent 90-110 degrees 

### FEET

Flat on floor or footrest, slightly in front of knees 



## HAND, WRISTS AND FOREARMS POSITIONING

Straight, in-line and roughly parallel to the floor 

## KEYBOARD AND MOUSE POSITIONING

Keyboard directly in front of you and pointer/mouse close to keyboard; avoid reaching for either.  
Use document holder if necessary.

*Sitting with proper posture, along with periodic breaks to stretch and walk, will help promote physical well-being.*

## Physical Therapy, Rehabilitation and Sports Medicine

### WEST CHESTER

Fern Hill Medical Campus  
915 Old Fern Hill Road  
Suite 4, Building A  
West Chester, PA 19380  
610.738.2480

### EXTON

The Commons at Oaklands  
700 West Lincoln Highway  
Exton, PA 19341  
610.518.5845

### KENNETT SQUARE

Medical Office Building at  
New Garden  
830 West Cypress Street  
Kennett Square, PA 19348  
610.444.6242

### SOUTHERN CHESTER COUNTY

455 Woodview Road  
Suite 115  
West Grove, PA 19390  
610.345.1950