

# Posture in the Workplace



Lauren Polivka, PT, DPT, CSCS  
Director of Physical Therapy  
Kalorama / Thomas Circle / Glover Park  
Washington, DC



# First Things First

**Pay Attention to Posture**



## **Sit and Stand Tall**

- Better posture properly positions your ligaments, joints and muscles to decrease stress on your body.
- Perfect posture will dramatically decrease your potential for injury in the lower back, knees, ankles, shoulders, and elbows.

# Poor Posture





## **6 Keys to Better Posture**

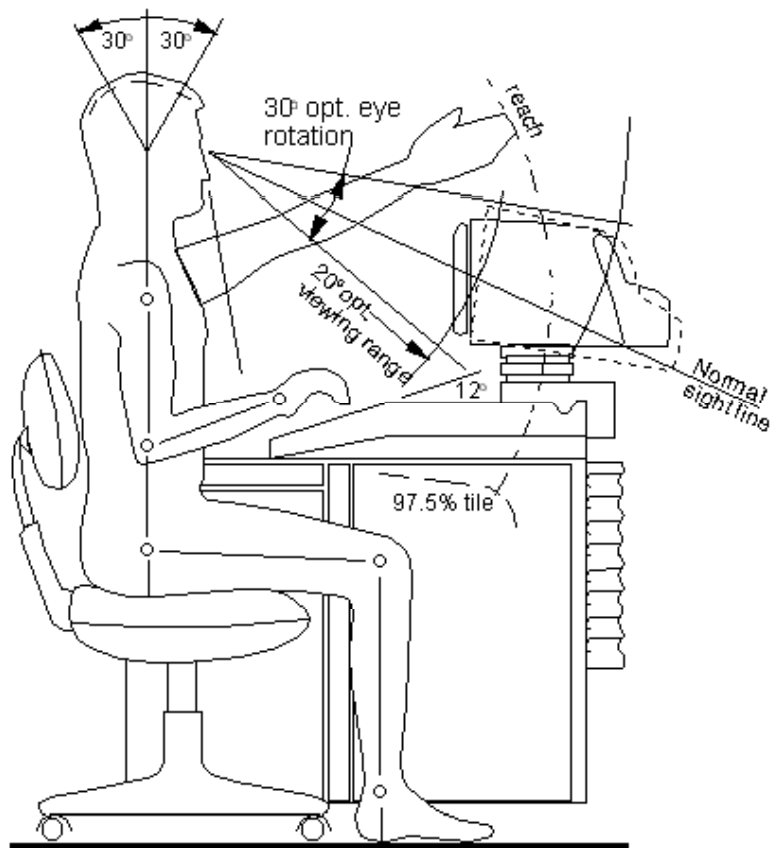
1. Your spine should have natural curves in it, not be completely straight.
2. Your head should be a natural extension of your spine, with your ears aligned with your shoulders.
3. Keep your sternum bone lifted, with your shoulders relaxed so your palms are touching the outsides of your thighs, not the front of your thighs.
4. Engage your torso. “Think Tall and feel as if you are balancing a cup of water on your head”
5. Keep your knees soft, not fully extended or locked out.
6. You should feel all four corners of your feet on the floor.

# PROPER ERGONOMICS IN THE WORKPLACE

1. Sit directly in front of the keyboard and computer screen.
2. Situate the monitor so it will be from 18 to 24 inches from your eyes and you have to look slightly down to see it.
3. Make sure your legs fit beneath the desk with your feet flat on the floor. Use a foot rest if necessary.
4. Adjust the chair seat height so your thighs are parallel to the floor with your knees at about 90 degrees and slightly lower than your hips. Make sure your chair seat isn't too deep.
5. Use a work surface that allows your elbows to maintain about a 90 degree angle.
6. Sit upright, maintaining the natural curves of your back.
7. Make sure you have adequate lower back support.
8. Keep your shoulders relaxed. Don't slump forward.
9. Relax your wrists and keep them in a neutral position. Don't flex them up or down.
10. Take breaks. When doing extended computer work, take brief breaks to stretch and walk around every 30 minutes. Alternate between work activities that utilize different muscle groups.
11. And give your eyes a break periodically by closing them momentarily, gazing at a distant object and blinking frequently.

# Proper Workspace Ergonomics

From Computer Desktop Encyclopedia  
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Sometimes  
this is hard to  
accomplish.

Here are some  
ergonomic  
tips...

# Ergonomic Tips

**Here are some tools to help assist with proper posture at work.**

Use a rolled up towel and place at arch of back when sitting

Use a rolled up towel and place it vertically following your spine between shoulder blades. If you cant feel the towel roll you are slouching forward.

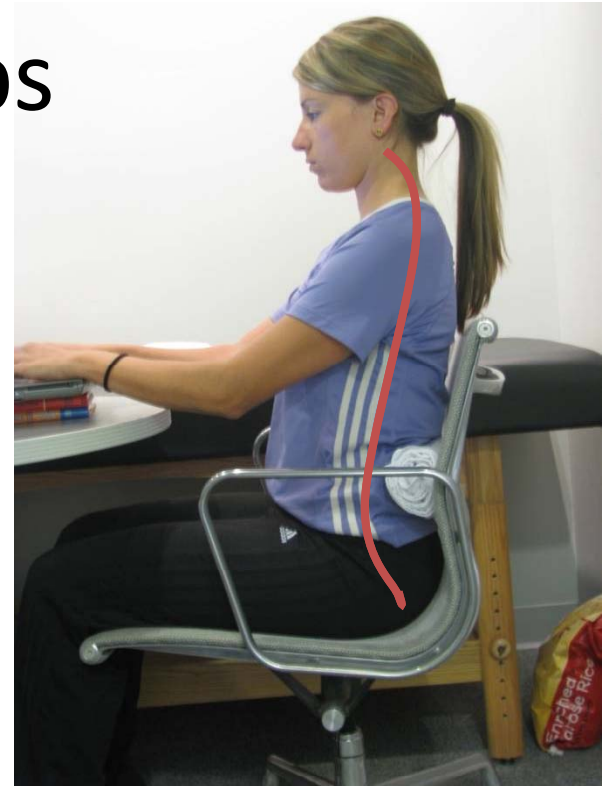
Place a foam pad, or towel under wrist for typing

To create a relaxed angle at your hips place a towel or book underneath your toes at a comfortable distance from the chair

Place computer on books to orient to eye level

Sit on a physioball if needed to help maintain proper posture

# Ergonomic Tips





# Recovery and Regenerative Methods



**Work + Rest = Success**

**Work** – Dedication to taking care of your body during the day using proper strategies to prevent muscle and joint aches and pains due to the job.

**Rest** – Take time to get out of prolonged static positions

Take breaks. When doing extended work at a desk, take brief breaks to stretch, overactive tight muscles and walk around every 30 minutes.

**Success** – Overall positive feeling of un-restricted motion and good feeling for other activities outside of work.

# Exercises and tools for the workplace



to help with posture  
and regenerate sore  
or stiff muscles.



# Massage Stick



- Using a massage stick releases muscle spasms and increases blood flow.
- Rapidly roll the massage stick for 30 to 90 seconds over various areas focusing on sore spots.



# Double Tennis Ball



- Using a foam roll or tennis ball is the next best thing to getting a professional massage.

- Roll over sore spots for 30 to 90 seconds to release them before moving on to the next spot.



# Foam Roll

Use a foam roll for core activation. Lay long ways on the foam roll. Alternate moving arms up and down overhead and marching with legs while maintaining core activation



# Thoracic Spine Mobility

Tape two tennis balls together to form a peanut.

## **Starting Position:**

Lie on your back with the balls under your spine just above your lower back and raise arms over chest.

## **Exercise:**

Alternate reaching arms over head for 5 repetitions and to the side 5 repetitions

Move the balls up your spine 1 to 2 inches and repeat the arm reaches.

- Think about keeping your ribs pushed down to the ground during the arm reaches
- Move through the range of motion slowly
- Continue to breath



# Chair Stretches



**Starting Position:** Sit in a chair with a towel between your knees. With your hands behind your head and your elbows in line with your ears.

**Exercise:** Maintain perfect posture and keeping your hips still, rotate your trunk to the right. At the end of your range of motion, laterally flex your spine, crunching your right elbow down toward the ground. Reverse directions to the left and repeat. Rotate a bit further each time for 3 reps.

**Coaching Tips:** Keep your chest up throughout the movement.



# 90/90 - Book openings

## **Starting Position:**

Begin lying on your side with your knees bent to 90deg. and your arms pointing straight out from your chest.

Figure #1

## **Stretch:**

Open up like a book moving through your spine not your shoulder. Continue to squeeze knees together and do not allow them to come off the ground.

1.



2.





# GLUTE BRIDGE

## **Starting Position:**

Lie face up on the ground with your arms to your sides, your knees bent, and your heels on the ground

## **Exercise:**

Lift your hips off the ground until your knees, hips, and shoulders are in a straight line. Hold for a couple seconds and repeat ten times

## **Notes:**

Fire (squeeze) glutes. You should feel it in your glutes, and to a lesser degree in the hamstrings and low back.



# Miniband External Rotation

## **Starting Position:**

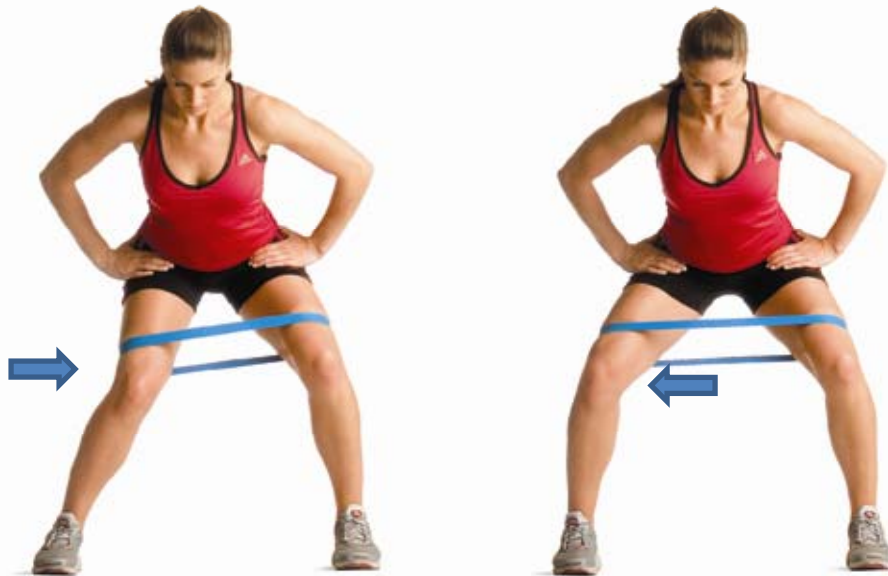
Stand with your feet slightly wider apart than your shoulders, your hips back and down, your back flat, and a miniband around your legs just above your knees.

## **Exercise:**

Keeping your left leg stationary, move your right knee in and out for the prescribed number of repetitions.  
Switch legs and repeat.

## **You Should Feel it:**

Working your glutes



# Physioball Y, T

## **Starting Position:**

Lie face down over the top of the ball so your back is flat and your chest is off the ball. Create a 'Y' or 'T' with your arms straight and your thumbs up.

## **Exercise:**

Lift your arms by pulling your shoulder blades together. Return to the starting position and repeat

## **Coaching key:**

Gently contract your abdominal muscles while pulling your belly button towards your spine. Maintain a straight spine while making sure not to shrug your shoulders.





# Take Home Message

Gravity's effect is magnified by long periods of sitting. Unfortunately, for many people, sitting with poor posture is a way of life.

Seated posture will cause the hip flexor muscles to shorten, the muscles of the upper back to become long and weak, and the chest muscles to get short and tight.

## **Sit and Stand with Proper Posture**

### **Work the Anti-Gravity Muscles**

An anti-gravity muscle acts to keep us upright.

Examples: Quadriceps, Spinal erectors (the muscles of the lower back)

Scapular stabilizers, Glutes (butt muscles)

These muscles are designed to keep us on our feet and in an upright position.

Training them will help improve your posture and overall appearance.