The correct position at your computer or laptop:

- Work is kept close, within 16 inches of the body.
- Top of screen is at or just below eye level.
- Head and body are straight.
- Elbows are close to the body.
- Work surface is adjusted to elbow level.
- Chair is adjusted to keep body supported in an upright position.
- Feet rest firmly on the ground or are supported by a footrest.
- Optional articulating keyboard tray with higher work surface.
- Fingers are relaxed with wrists in a neutral position.
- Book rest is adjusted to fit the lumbar region of your spine.
- Chair height allows adequate leg clearance, maintains knees and work surface at elbow level.

Make sure you do not sit too long in front of your computer. Change your position every 30 minutes.

Good posture doesn’t come overnight.

You have to work at it.

Remind yourself throughout the day to correct your posture.

If you require the information in this leaflet in a community language or alternative format e.g. Braille, easy read or audio please contact the Equality and Diversity Team at fifu hb.equalityanddiversity@nhs.net or telephone 01383 565142

Paediatric Physiotherapy Department

Posture Advice
Good posture is important. If you have poor posture
- Your bones are not properly aligned.
- More strain is felt in your muscles, joints and ligaments.
- You may feel more muscular stain, tiredness and pain.
- Your muscle, tendons and ligaments may shorten into this bad posture. This may then make changing and holding good posture harder work.
- If you improve your posture you can improve the condition of your spine, joints and muscles.

Good standing posture:
- Imagine a string attached to your head pulling you upwards.
- Weight bearing equally on both feet.
- Knees relaxed.
- Shoulders squared, not rounded forwards.
- You should be aware of a small hollow in your lower back.

Good sitting posture:
- Sit well back in your chair. Making sure your lower back is well supported.
- Imagine a string attached to your head, pulling you upwards.
- Shoulders slightly back and down – to relax the upper muscles.
- Your thighs should be supported and feet flat on the floor.
- A rolled up towel in your lower back may help you keep this posture.
- Do not cross your legs or lean to one side.

Tips for a good posture:
- Change your position often.
- Walk with a good posture.
- Wear comfy and supportive shoes. Avoid continuous use of high heels.
- Keep your weight down and try to exercise regularly.