

How to set up your Computer Correctly

1. Set up your chair so that you are at a right angle to the upper arm and your wrist is straight (neutral position) when your fingers are on the keyboard.
2. Adjust the backrest of your chair to support your lumbar spine. Relaxed muscles will not fatigue over time.
3. Place a footrest under your desk so that you are leaning back into your chair - preventing tension in the mid and low back. This is very important as these are the nerves that control your heart, lungs, and stomach function.
4. Your knees should be level or slightly higher than your hips so adjust the seat tilt. This helps prevent swelling in the feet and calves and reduces pressure on your sciatic nerves.
5. Be sure to use a glare-reducing screen and have no bright lights behind you or in front of you to decrease eyestrain.
6. Your eye level should be at the top or within the top half of your screen.
7. Your mouse should be right beside the keyboard. This is a good investment because if you are reaching for your mouse all day, you're subluxated
8. The distance between your wrists and your screen should be 15 inches. Any more and you'll be tempted to lean in.
9. The distance from your eye to the top of the screen should be 18-24 inches. Don't sit too close or too far away.
10. If you use a telephone, set it close to the keyboard so you are not reaching for it and never cradle the telephone between your shoulders and neck.
11. Have regular Chiropractic adjustments to correct your spinal structure and your body's function. An ounce of prevention is worth a pound of cure!

Examples of bad posture and back support

The following are examples of common behavior and poor ergonomics that need correction to attain good posture and back support:

- Slouching with the shoulders hunched forward
- Lordosis (also called "swayback"), which is too large of an inward curve in the lower back
- Carrying something heavy on one side of the body
- Cradling a phone receiver between the neck and shoulder
- Wearing high-heeled shoes or clothes that are too tight
- Keeping the head held too high or looking down too much
- Sleeping with a mattress or pillow that doesn't provide proper back support, or in a position that compromises posture

Examples of bad posture while sitting in an office chair

The following bad habits are especially common when sitting in an office chair for long periods of time.

- Slumping forward while sitting in an office chair
- Not making use of the office chair's lumbar back support
- Sliding forward on the seat of the office chair

How to set up your Computer Correctly (con't)

Chiropractic can support your health!

The purpose of chiropractic is to restore and maintain the integrity of the spinal cord and its nerve roots. These vital nerve pathways are housed in and protected by the bones of the spine. Tiny misalignments of the vertebrae of bones of the spine, which interfere with the function of these nerve pathways, are called vertebral subluxations. Subluxations come from many causes (including bad posture and alignment) and prevent various organs, glands, and tissues from functioning properly. By means of a specific chiropractic adjustment, subluxations are corrected (reduced). Thus, the normal nerve function restores nerve pathways so that every part of the body may have proper nerve supply at all times. This allows the innate healing ability of the body to work at maximum efficiency. With proper nerve supply, health improves. Our only goal is to allow the body to do its job.

If you have any questions or you would like more information please contact us at:

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