

Proper Posture and Visual Display Terminal Set Up

As a result of the COVID-19 pandemic, teachers and students are teaching and learning through Google classroom. Many others are working from home or just spending more time in a seated position. Often times, we are slumping down and sitting with poor posture, which can lead to muscle spasms, joint pain, neck pain, and headaches. Here are some tips to help with better posture:

Check your Screen Height –

Ideally, we should be looking straight at the center of our monitor or even down slightly. If the monitor is too low, you may still slouch forward. Consider raising the monitor up using a book or a pillow if you are sitting at a table. The top of the screen would be at your eye level when you look straight forward and be sure to sit up nice and tall.



Work Station – Keep things that you most often need to use close to you. Your primary work zone should be comfortably within reach.

Keyboard/Mouse Position –

You should be able to type on your keyboard with your shoulders relaxed by the side of your body without reaching forward. The mouse should be next to the keyboard.

Desk Height – Is your desk too high or low for you? It can impact your whole spinal posture and shoulder alignment. If the desk height is too high, your neck muscles would get tight because of constant contraction. If the desk height is too

low, your whole body will be slouching forward and your upper cervical muscles (the suboccipitals) will get shortened as you poke your head forward.

Take Breaks – Physical Therapists recommend that people take a break from prolonged positioning every 20 minutes. Get up, take a walk around, and pull those shoulder blades back!

Proper Lighting – Make sure to maintain optimal lighting for good posture.

Monitor Distance – If the monitor is too far from you, your whole body will lean forward, which further promote improper head/neck/shoulder alignment. If the monitor is too close to you, it can cause stress on your eyes and again affect proper head/neck/shoulder alignment. The ideal distance between your eyes and the monitor should be at arm's length as you sit up nice and tall with your arm reached out at shoulder level.

Toms River members are currently being served at PHCBR in Brick.

If you have further questions, please feel free to contact the Physical Therapy department and speak to our onsite Physical Therapist. We are here for you, rain or shine!