

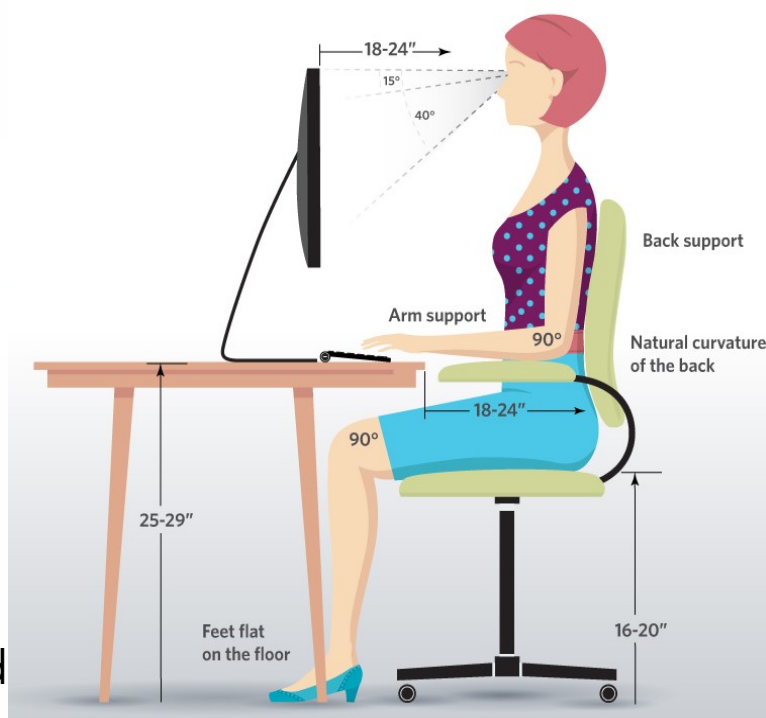
CSIO THERAPY TIPS AND TRICKS

Working From Home



PROPER DESK POSTURE

- Ears, shoulders and hips aligned
- Shoulders and arms relaxed
- Lumbar spine neutral and core engaged
- Knees at right angles and feet flat on floor - use stool if needed
- Use an external keyboard and mouse if working on a laptop



Do not sit for longer than 30 minutes at a time



Take frequent activity/exercise breaks