

Keep head, neck and spine in neutral position and avoid forward head posture.

Rest elbows gently along the sides of the body.

Hips, knees, ankles at approximately 90 degrees.

Position both feet flat on the floor.



Tuck in your chair close to the table so that your tummy is almost touching the table.

Sit in a tall, comfortable, and upright position at your desk. Position screen at eye-level to reduce neck, shoulder and eye strain. Take regular

movement breaks every 30mins to reduce stress on the body.

For more information, talk to your local ACA chiropractor or visit **backtoschool.org.au** 

CONSULT A CHIRO

AUSTRALIAN CHIROPRACTORS ASSOCIATION

