

# Proper Sitting Desk Ergonomics

If you sit at a desk for long stretches of time, you may start to experience back and neck pain — especially if you have poor sitting posture. Whether you are at home, at school, or in an office, these tips can help protect your back and neck and prevent painful problems.



## WHILE SITTING

- Keep your back in a normal, slightly arched position.
- Keep your head and shoulders erect.

## CHAIR

- Choose a chair that supports your lower back.
- Adjust your chair so your elbows are relaxed, your hands rest comfortably on the table, your knees are bent at 90°, and your feet are flat on the floor.

## DESK AND COMPUTER

- Make sure your computer screen is at eye level.
- If possible, get an ergonomic desk (designed to promote proper posture).
- Consider an adjustable desk that allows you to stand for part of the workday.

➔ **Bonus Tip:** If possible, stand and stretch once an hour — place your hands on your lower back, and arch your back.



Learn more about back pain prevention and treatment at [orthoinfo.org](https://www.orthoinfo.org)