

## **Tips to Ease the Body in Desk Work**

### **Sitting in a chair: As you first sit down**

#### **A rhyme to remember**

Sit on the ischial bones  
Lengthen through your spine  
Nod your head at the atlas, and you are doing fine  
Let your shoulders release down  
Allow a breath in...slowly breathe out and now begin

### **Getting out of a Chair:**

Pause to allow for nondoing  
Think to release the neck to allow the head to move forward and up  
The torso to lengthen and widen  
Put one foot back under the chair  
Nod your head at the atlas. Tip from your hips,  
Wait until you are over your feet.  
Press your feet into the ground to help you stand.  
Use your legs, not your back and hands to rise

### **Computer/chair/person relationship**

Balance the ischial bones equally left and right  
Let your left and right shoulder blade support equal weight along the back of the chair  
The distance between your upper arm and lower arm is a right angle  
The distance between your torso and thigh is also a right angle or 100 degrees.  
Let your back be back as your fingers move forward with the mouse  
Find a wrist-resting pad to support your wrist joint

**You do not see the screen more clearly by pulling your face to it an inch or so.  
Let what you see on the screen come to you.**

### **Simple chair movements to enhance spinal health while working**

Stretches for the six motions of the trunk

1. Roll down by nodding the chin first, rolling one vertebra at a time.
2. Roll back up slowly stacking the vertebrae
3. Side bending gently right and left
4. Rotation or spiral looking right and looking left

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