

DEFINITIVE GUIDE TO **DESK POSTURE**

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1. Elongate

Imagine a cable attached to the crown of your head that is drawing you up. When elongated, your rib cage and pelvis should align.

2. Eyes on the Horizon

When you keep your eyes up, the weight of your head balances out to maintain neutral alignment.

3. Monitor Height

Consider purchasing a monitor stand or raise it with books. The top of the monitor should be in line with your eye height to help keep your eyes on the horizon.

If you cannot achieve or maintain these positions, you likely have muscle imbalances and would benefit from core rehabilitation.

4. Your Feet

While sitting, your feet should be able to rest flat on the floor. You may need to place a step under your feet to do so.

5. Shoulders and Arms

Keep your elbows at your sides and forearms parallel to the floor. Keep your shoulder blades relaxed, back and down. This will help maintain neutral rib cage and activation of the core muscles.

6. Sitting

A firm chair is important. Make sure you sit on your 'sit bones' (the bones under your thighs) instead of your tailbone so you can engage your core muscles. A lumbar support is important so you can maintain an active core while you rest your postural muscles when necessary.



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