

Posture at Work — Desk, Computer and Phone

SETTING UP YOUR DESK — FROM THE FLOOR UPWARDS

Feet: flat on the floor, or on a footrest. Not dangling.

Knees and hips: at about a right angle, knees level with or slightly below the hips.

Back: right at the back of the chair, with the lumbar curve supported — a small cushion or rolled towel works as well as an expensive chair.

Elbows: close to the body, bent about a right angle, forearms level with the desk. Shoulders relaxed, not hunched.

Wrists: straight and neutral, not bent up or resting on a hard edge.

Screen: an arm's length away, with the **top of the screen at or just below eye level**.

Documents: on a stand beside the screen, not flat on the desk.

LAPTOPS ARE THE MAIN PROBLEM

A laptop cannot be ergonomic: if the screen is at the right height, the keyboard is too high, and vice versa. Working on a laptop on your lap, on a bed, or on a low table for hours is the commonest cause of neck and upper back pain we see in young adults.

The fix is cheap: raise the laptop on a stand or a stack of books so the screen top is at eye level, and use a **separate keyboard and mouse**. This one change resolves a large proportion of "cervical spondylosis" in people under 40.

YOUR PHONE — "TEXT NECK"

Your head weighs about 5 kg. Bending it forward 45 degrees to look at a phone puts roughly **20 kg of load** through your neck. Hours of that, daily, is what causes the pain.

Bring the phone up to your eyes rather than dropping your head down. Rest your elbows on a table or against your body to hold it up. Use voice typing for long messages. Take breaks.

THE RULE THAT MATTERS MOST

Move every 30 minutes. No posture is good if you hold it for hours. Stand, walk to get water, roll your shoulders, look at something far away for 20 seconds.

Set a reminder on your phone. **The best posture is your next posture.**

Search: ergonomics, computer posture, desk setup, text neck, mobile phone neck, work posture

