



Home Exercise Program

Created by Michael Schloemp Apr 6th, 2020

View at "www.my-exercise-code.com" using code: LE6PGQM

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Total 6

ADL - DESK ERGONOMIC SET UP



Sit at your desk on a comfortable and adjustable chair with back rest to maintain lumbar curvature and use an ergonomic keyboard. Do not slouch.

Your desk should be set up so that the monitor is at or just below eye level. The elbows, hips and knees bent 90-110 degrees.

Adjustments can be made for monitor height, keyboard height, seat height, desk height and/or foot rest height in order to achieve proper alignment.

Electronic desk is preferred if available to be able to adjust the height of the desk with buttons.



ADL - READ BOOK



When reading a book, sit with good posture and raise the book up to minimize bending your head down or forward.

ADL - DESK ERGONOMIC ZONES



Sit up straight and set your desk up so that the items you use the most are the closest to you or the "Frequent Zone".

Things you use less frequent are further away. You should be able to reach every item by only extending your arms in the "Frequent" and "Less Frequent Zones".

The rare zone can be out of arms reach which may require bending at the hips to reach.



ADL - SMART PHONE AND TABLET USE

While using your electronic devices such as a tablet or smart phone, do not slouch and do not allow your head to protrude forward.

Hold the electronic device up so that you can see it better and maintain good posture at your back and neck. □



ADL - TELEPHONE

When using a telephone, maintain good posture so that your head is not side bent or protruded forward. Do not hold the phone against your ear with your shoulder. Hold the phone with your hand and keep a straight spine and head. □



STANDING BREAKS

If seated for prolonged times, take standing breaks from time to time. This decreases the load on the spine as sitting typically has more forces on the spine than standing. You can use a timer to help remind you when to stand. □