

Posture Checklist

- Feet flat on the floor. ☐
- Knees over ankles. ☐
- Hips higher than the knees. ☐
- Lower back and mid back supported by your chair. ☐
- Headrest that is comfortable for you. ☐
- Eye line level with the top of the screen. ☐
- Elbows /forearms resting on your table or desk. ☐
- Shoulders relaxed, away from the ears. ☐
- Regular Movement Breaks ☐

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DESK POSTURE



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Neck Stretch

Sit up Tall and drop ear to shoulder.
Hold x20 seconds x2 each way.



Forearm Stretch

Straighten arm out and keeping
elbow straight drop fingers to floor
and gently pull back. Hold x20
seconds x2 each way.

Motion is Lotion!

Sit for 30 mins...move for 2 mins.
Sit for 50 mins....move for 7 mins.



Shoulder Stretch

Sit up Tall and turn palms up to the
ceiling. Keeping elbows in by side and
slowly open arms out. Hold x5
seconds, squeezing shoulder blades
together x10 Times.



Side Bend

Sit up Tall and interlace fingers,
stretch arms up to the ceiling and
gently lean to one side x5seconds x10
Times each eay.



Roll Down

Sit up Tall and slowly roll down to the
floor. Take a deep breathe in at the
bottom and slowly restack spine.
Repeat x10 Times.



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