

# IS YOUR OFFICE CHAIR 'killing' YOU?

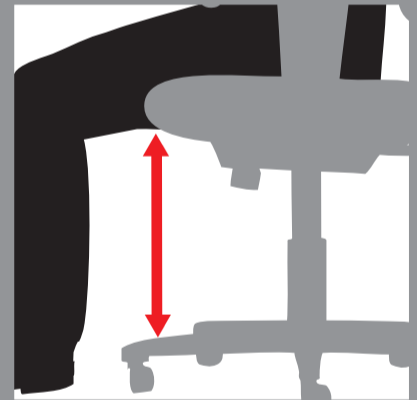
## Pain areas



## Possible problems

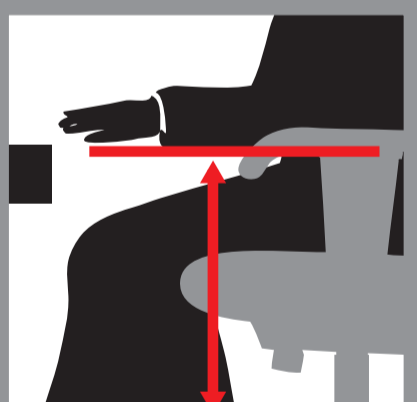
### A Chair height

Incorrect height causes cramping and stiffness in legs, tension in neck and shoulders. *Adjust chair height.*



### B Arm position

Tingling, numbness or pain in forearms, wrists or hands. *Adjust chair height and keyboard so arms are parallel to floor.*



### C Back position

Pain or discomfort in the back. *Adjust backrest or sitting posture, or use a cushion behind back.*



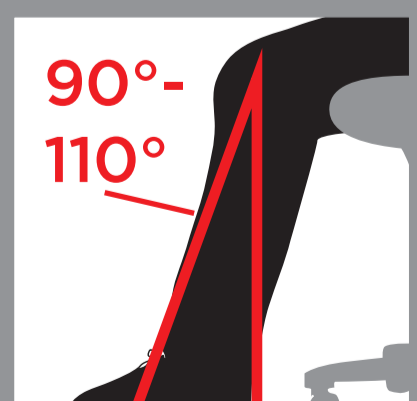
### D Feet position

Poor position can cause pain throughout body and lead to blood clots. *Feet should rest firmly on the floor or a footrest.*



### E Leg position

Incorrect leg position can cause stiffness, cramping, swelling and numbness. *Move feet forward until your knees are at a 90 to 110 degree angle.*



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