



# COMMON PAIN QUICK FIX



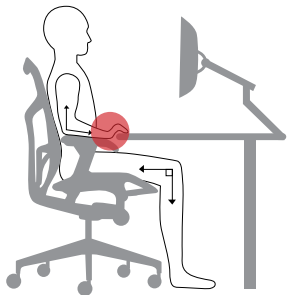
Headache/  
Jaw Pain?

- Check for forward head position.
- Check monitor distance from eyes - pull monitor to arm distance away.
- Adjust/increase text size



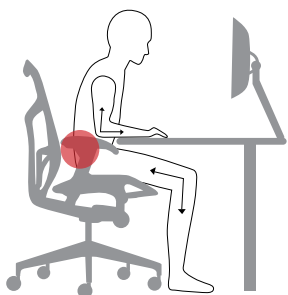
Right or Left  
Shoulder Pain?

- Check for twisting at neck.
- Work surface too high or too low will cause muscle tension (solution: height adjustable table or keyboard tray)
- If the pain is on mousing side - check the mouse distance, get elbow closer to the body.



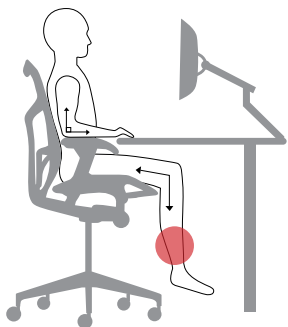
Hands Tingling  
or Numb?

- Check wrist angle. Should be straight from elbow to fingertips.
- Check for twisting at the neck.
- Check for high contact pressure on wrist or forearm from surface/edge.



Low Back Pain?

- Check chair height. Knees should be approximately 90°/thighs parallel to floor.
- Check slouching towards monitor - sit back against chair, pull monitor to arm distance away.
- Check if seat pan depth is preventing use of backrest.



Feet or Lower  
Legs Numb?

- Check seat pan depth. Keep 2 to 3 fingers distance between back of knee and chair.
- Check chair height. Knees should be approximately 90°/thighs parallel to floor.
- Feet supported on floor or footrest.