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.