CONNECTICUT DISC AND LASER THERAPY CENTERS

Desk and Car Setup Checklist

Check your two most common sitting setups.



Desk setup

- Support your feet on the floor or a footrest.
- Bring the keyboard and mouse within easy reach.
- Keep the screen directly in front of you.



Driver setup

- Adjust the seat and mirrors while parked.
- Check that you can reach and operate the pedals and steering wheel.
- Follow your vehicle manual for seat and restraint adjustments.

Record what you noticed

One adjustment I tried

How long I sat before discomfort began

What changed after I stood up