

# FIREFLY CHIROPRACTIC'S POSTURE CHECKLIST

SIMPLE STEPS TO REDUCE NECK TENSION & HEADACHES

## DESK & CHAIR SETUP

- Adjust chair so your feet are flat on the floor & knees are at 90 degrees.*
- Sit fully back with lumbar support (add a cushion if needed).*
- Top of your monitor is at or slightly below eye level & screen distance is about an arm's length away.*
- Elbows are bent at 90 degrees, wrists are relaxed & neutral.*

## MOVEMENT & LIFESTYLE

- Get up & move at least once an hour during work.*
- Stretch neck, shoulders, & chest to counter forward head positioning & rounded shoulders.*
- Strengthen postural muscles (upper back, core, glutes) 2-3x per week.*
- Stay hydrated - dehydration can increase muscle tension and headaches. Pro tip: LMNT electrolyte packets are an easy and tasty way to hydrate!*



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## PHONE & ELECTRONICS SETUP

- Hold phone/tablet at eye level (avoid tech neck).*
- Use headphones or speakerphone to avoid holding the phone between your head & shoulder.*
- Take a screen break every 45min to an hour. Pro tip: set an alarm to remind you to stretch or take a walk.*

## DAILY POSTURE REMINDERS

- Ears in line with shoulders (not jutting forward).*
- Shoulders relaxed & back, not shrugged.*
- Chin tucked slightly, not reaching forward.*
- Keep weight balanced when standing - avoid leaning on one hip, putting uneven pressure on your feet, etc.*

REMINDER THAT FOR EVERY INCH YOUR HEAD IS SHIFTED FORWARD IT ADDS 10 POUNDS OF PRESSURE TO YOUR NECK & UPPER BACK MUSCLES. CHECKING YOUR POSTURE DURING YOUR NEXT ZOOM CALL OR WHILE ON YOUR PHONE CAN MAKE A BIG DIFFERENCE!



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