



STOP WFH SORENESS: SIMPLE SOLUTIONS TO FIX YOUR WORKSTATION WOES

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Introduction

Hello! I'm Dr. Lindsay McGraw, physical therapist, ergonomic expert, orthopedic certified specialist, and wellness enthusiast. I started Marka Health in 2016 after recognizing that many of the injuries I was treating were preventable, and now consult with top tech companies to keep their employees pain free and productive. When we all started working remotely last year, I struggled with creating a comfortable WFH set up, plus trying to balance zoom calls, kid and pet interruptions, and any attempt to practice self care. I created this guide to help you problem solve those pesky posture woes and work without pain. My goal is to make ergonomics fun, and to help you take a realistic and holistic approach to your health, because I'm right there with you!

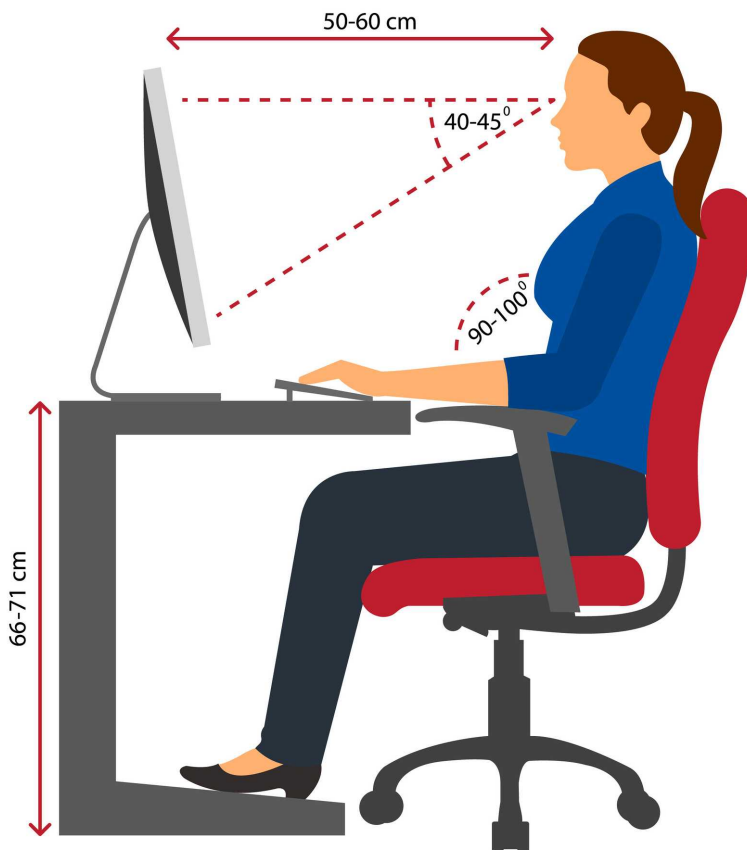
In good health,

Lindsay





Ideal Alignment



Head & Neck

- Eyes level with the top of monitor
- Monitor arms distance away
- Ears in line with shoulders

Shoulders

- Relaxed under ears

Elbows & Wrists

- Keep elbows in at sides
- Wrists in line with elbows

Back

- Hips scooted to back of chair
- Lean back into chair back

Knees & Feet

- Knees slightly below hips
- Knees bent to 90 degrees
- Feet flat and supported



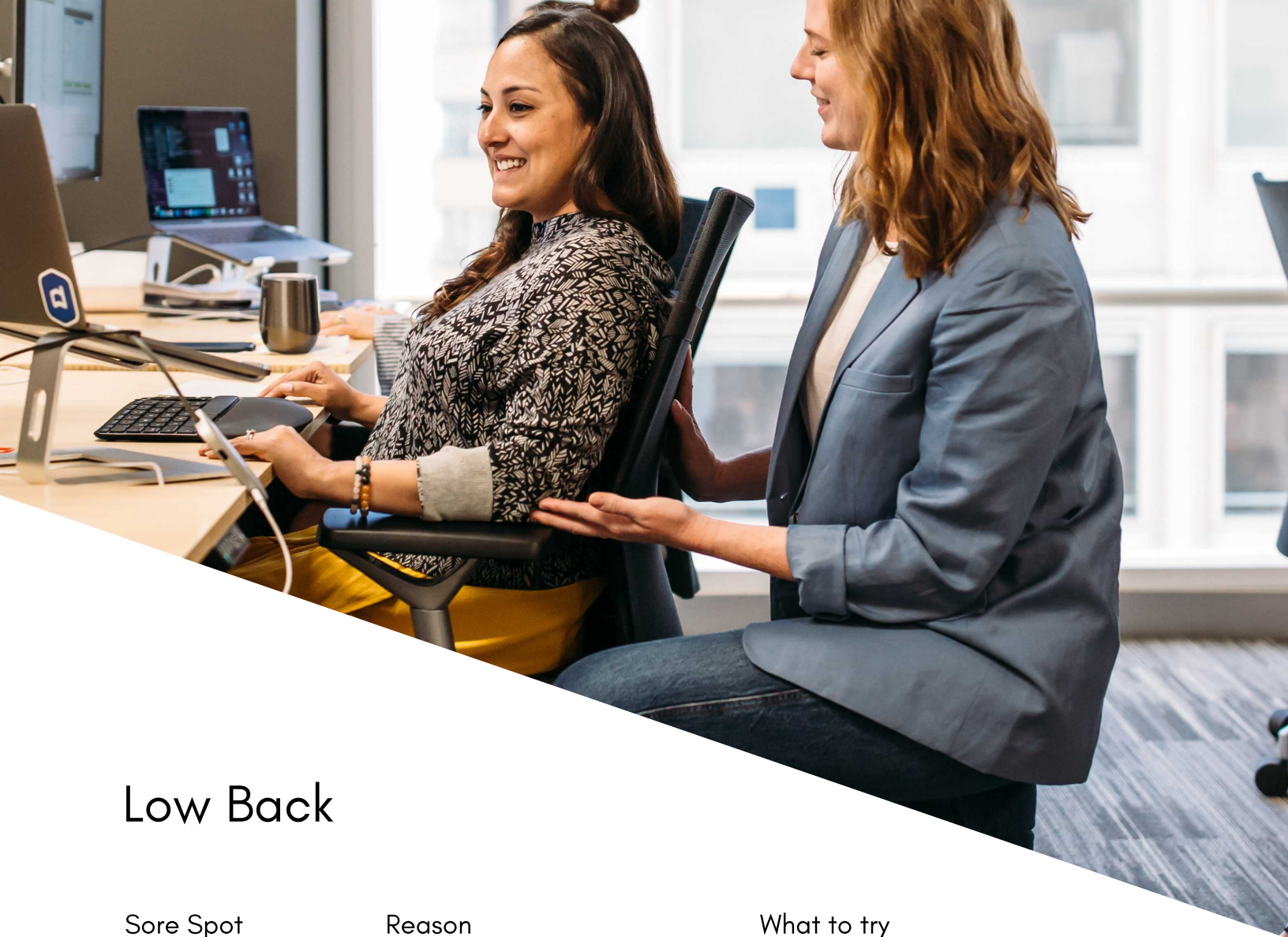
Neck & Upper Back

Sore spot	Reason	What to try
Back of neck	Looking down at the screen Screen too low Looking down at keyboard	Raise monitor so eyes are level with the top of the screen Raise laptop and use an external keyboard
Side/front of neck	Looking to the side frequently or for long periods of time	Move what you are looking at directly in front of you Identify your primary monitor
Upper back	Slumping forward Sitting twisted or rotated	Keep hips and back flush against your chair backrest Use lumbar support at low back Center yourself straight on

Shoulder, Arm & Hand

Sore spot	Reason	What to try
Top, outside or front of shoulders	Desk or keyboard too high Arms reaching forward	Raise chair or lower desk so wrists in line with elbows Scoot chair in so elbows are under shoulders
Outside of elbows	Arms reaching forward for keyboard Excessive typing	Scoot chair in so elbows are under shoulders Try split keyboard or dictation software
Wrist or hand	Resting wrist on desk Reaching for mouse Repetitive typing/mousing activities	Adjust chair or desk so wrists are in line with elbows Bring mouse closer so elbow can stay under shoulder





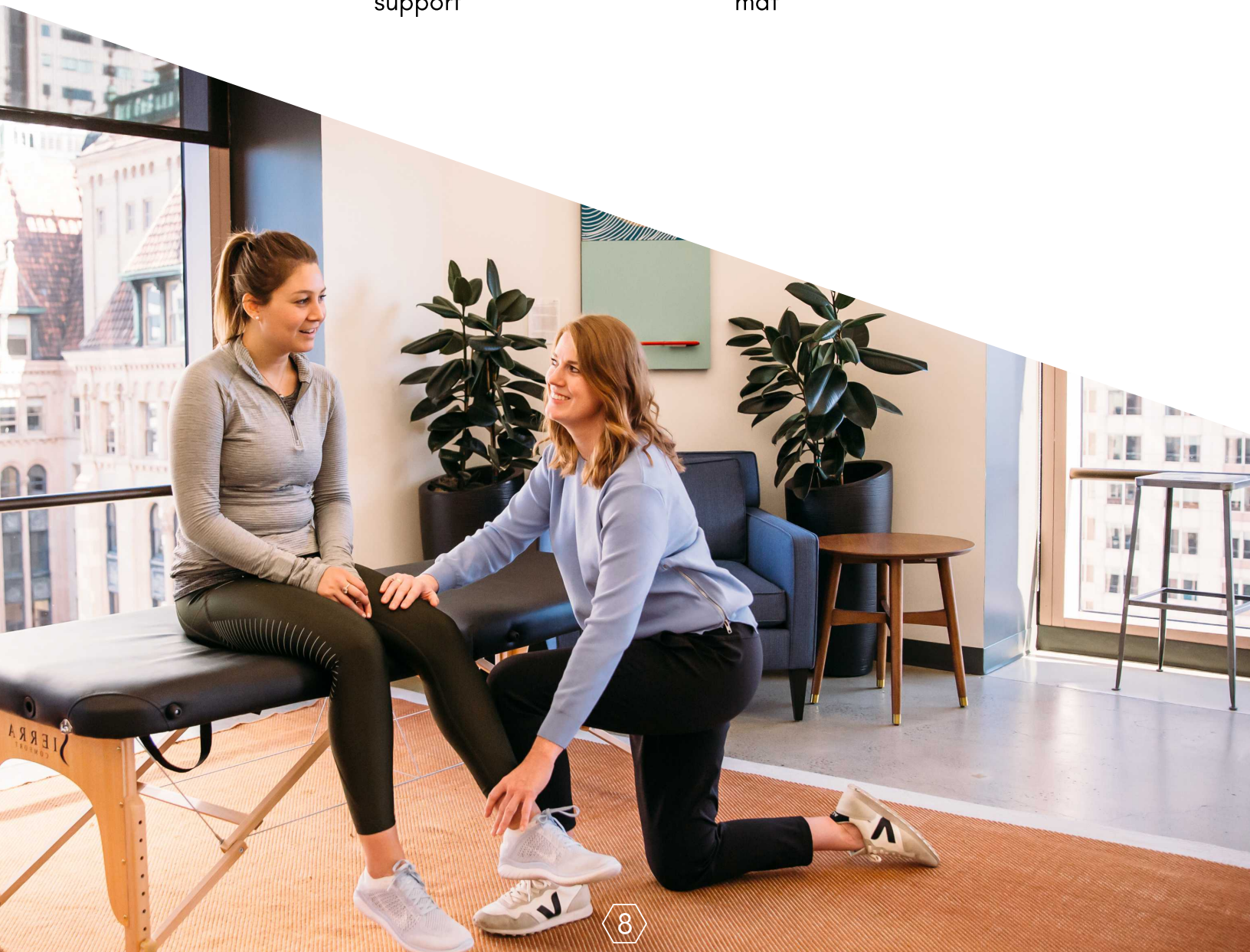
Low Back

Sore Spot	Reason	What to try
General low back/beltline	Leaning forward in chair Improper back support Seat depth too short Sitting too long	Scoot hips to back of chair Adjust or put lumbar support at the natural curve of your spine Use tilt lock to secure backrest
One sided or pelvis/sacrum	Turning torso to one side Crossing legs	Move what you are looking at directly in front of you Swivel chair to be straight on Make sure feet are uncrossed and supported
Butt/tailbone	Excessive back rounding Not enough cushion under hips	Scoot hips to back of chair Make sure feet are supported Use a seat cushion (or pillow) to create softer surface



Legs & Feet

Sore spot	Reason	What to try
Back of legs	Excessive back rounding Pressure from seat	Scoot hips to back of chair Use footrest Adjust seat depth so 2 inches between seat and back of knees
Leg & feet swelling	Not getting up often enough	Use a footrest Get up every 60 minutes
Bottom of feet	Standing without sufficient support	Wear sneakers or use standing mat





Headaches & Vision

Sore spot	Reason	What to try
Headaches	Hunching forward to see screen Glare or improper lighting	Raise monitor so eyes are level with the top of the screen Raise laptop and use an external keyboard Adjust light source to directly above to reduce glare Keep screen brightness similar to room brightness
Eye Fatigue	Looking at screen for prolonged periods Glare or improper lighting	Practice 20-20-20 rule: every 20 min look 20 ft away for 20 seconds Use screen filter or blue light glasses Keep screen brightness similar to room brightness



WFH Healthy Habits Checklist



Change positions every hour



Take a morning break for 10 min



Drink water - 1/2 your weight in oz (so 80oz if you weigh 160lb)



Get outside for 20 min



Take an afternoon break for 10 min



20/20/20 Rule: look 20 ft away for 20 sec every 20 min



Enjoy a 15 min stretch sesh (we host them - [sign up here!](#))

Now that you've got your workstation set up more comfortably, let's keep it that way! Use this checklist daily to help you build healthy habits and avoid potential pain down the road. Feel free to print or screenshot this list and get started!





Contact Us

I hope you found this guide helpful, and are feeling more comfortable already!

Just a reminder that this guide should not be construed as medical advice.

If you are having pain, please check in with a healthcare provider.

We are absolutely here as a resource! Please email me at
lindsay@markahealth.com with any questions!

In good health,
Lindsay



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