



Sit to Stand Desks : Stand up for your Health!

Physiotherapy and OHS Solutions

APA Musculoskeletal & Sports Physiotherapists
APA Occupational Health Physiotherapists
ABN 9368 7913 797

Benefits of standing – general health

- Reduced risk of obesity
- Reduced risk of diabetes
- Reduced risk of cardiovascular disease
- Reduced risk of blood clots
- Reduced varicose veins
- Reduced risk of cancer – breast and colon most at risk
- Lower long-term mortality risk
 - Australian 2010 study found that for each extra hour participants spend sitting daily, their overall risk of dying during the study period increased by 11 per cent. A 2012 study found that if the average American reduced his or her sitting time of 3 hours per day, life expectancy would climb by 2 years.

North Adelaide Medical Centre
Suite 21, Second Floor
183 Tynte Street
North Adelaide SA 5006
T: 8361 8182 F: 8361 8185
admin@prevent.net.au
www.prevent.net.au

Benefits of standing – musculoskeletal

- Reduced pressure on lower back, buttocks and legs
- Greater inclination to stretch and move → reducing pressure on spine and improving circulation

How to do it

- Alternate between sitting and standing whilst comfortable.
- Initially stand for short periods e.g. 20 minutes and build up.
- Move around on the spot rather than just standing in one place.
- Avoid dropping the hips forward and slouching the upper body (stooping), which loads the spine.
- Avoid standing with weight more on one leg, and even worse when your hip is popping out to the side.

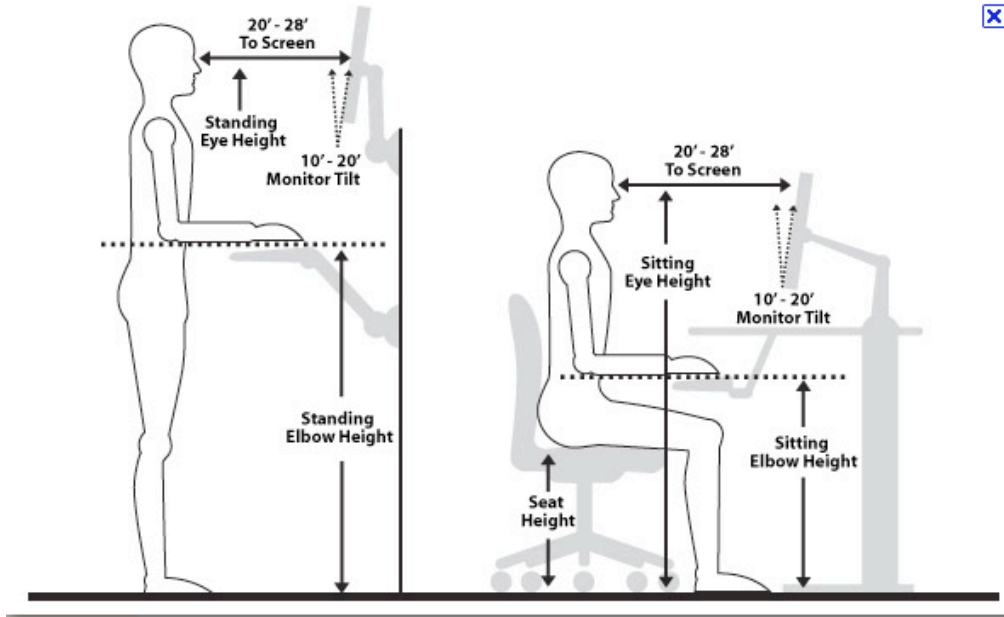
How to set up the desk in each position:

- Keep your line of vision directly toward the monitor, usually at the toolbar level. (If you have bifocals and look through the bottom of the lense, you will need the monitor much lower and possibly resting on the desk)
- Make sure that when your hands are on the keyboard, that the keyboard is slightly lower than your elbows so that your forearm is parallel to the ground.
- Keep the items you use most close to you, e.g. keyboard, telephone etc.
- If you are typing from documents, try to position them on a slanting document holder between the keyboard and the screen. This will avoid neck rotation and flexion positions which can cause neck and shoulder pain.

How many calories are you burning?

- Look up this great calculator: Calori-Burn Calculator for sitting versis standing at <http://www.juststand.org/OnlineToolbox/tabid/637/language/en-US/Default.aspx>

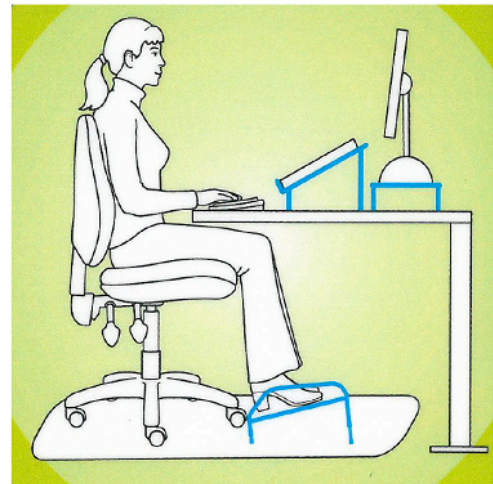




Does this look good or bad?



Set the chair so that the forearms slope gently down towards the keyboard



Thighs should be parallel to the floor, with no pressure on the underside of the thighs at the front edge of the seat

The feet should be slightly forward of the knees

