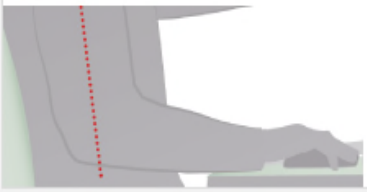


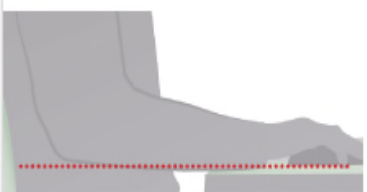
Balanced head, not leaning forward



Arms relaxed by your side



Forearms parallel to desk



Sit back in chair ensuring good back support



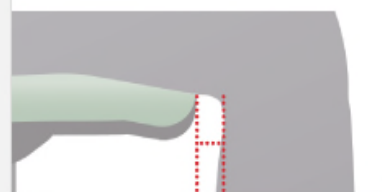
Screen approximately arms length from you



Top of screen about eye level



Space behind knee



Feet flat on floor or on a footrest



Before



After

