



OPTIMIZING MOTION

physical therapy & ergonomics

Kathryn Meeks PT DPT CIE

Web Site: Optimizingmotion.com Email: meeks.kathryn@gmail.com Phone: 408-690-3462

Chair

- Feet flat on floor or use of foot rest
- Back support pressed firmly into the lower spine
- Knees level with hips or slightly lower (hip/thigh angle approx. 90 degrees)
- Fist sized space between back of knees and chair
- If Used Armrests should not interfere with movement or typing technique

Mouse

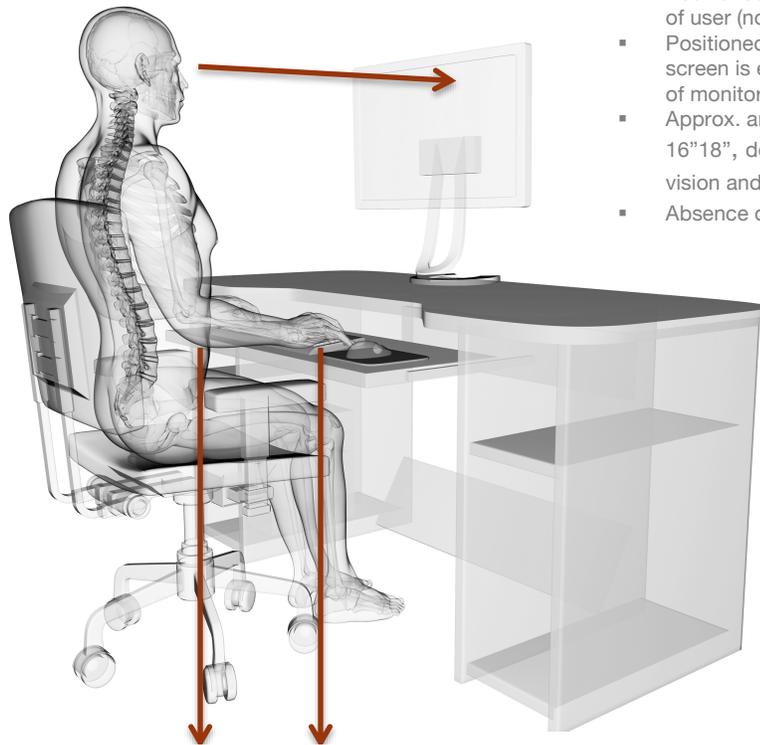
- Positioned on same surface as keyboard
- Positioned close to right or left side of keyboard
- Relaxed hand position while using the mouse
- Use of wrist rest to avoid compression of wrists on hard/sharp work surfaces (avoid "planting" wrists on wrist rests)
- Rest hands in lap or on little finger side of hands when not keying or mousing

Keyboard

- Positioned low enough to keep wrists straight, shoulders relaxed & elbows at approx. 90 – 120 degrees (roughly waist/navel height)
- Keyboard close to body
- Keyboard bottom flat, legs not raised.
- Keyboard tray neutral or have slight negative tilt (reverse)
- Use of wrist rest to avoid compression on hard/sharp surfaces (avoid "planting" wrist on wrist rest)
- Light touch, floating hands, neutral wrists and thumb
- Rest hands in lap or on little finger side of hands when not keying or mousing

Monitor

- Positioned directly in front of user (not at an angle)
- Positioned so top of task screen is eye level (not top of monitor)
- Approx. arms length away- 16"18", depending on vision and comfort
- Absence of glare



Rest Breaks

- 1-2 minute break every 10-15 min
- Task Rotation
- Stretch breaks intermittently during the day
- Brief eye micro breaks (30-60 seconds) every 10-min.
- Change positions frequently
- Take short walks

The Key: To a Successful Office Ergonomic Evaluation

The key to the successful office ergonomic evaluation is in fitting the office to meet the individual's needs, not fitting the individual into the office. Providing an individual the tools needed to easily maintain good posture and body mechanics and the education to understand basic ergonomic principles will enable that person to move, work and maintain resting postures optimally. Each person fits into a work environment differently. All have unique needs, such as eye sight differences, long legs, short legs, previous injuries, work tasks, space constraints, cost constraints, disability, etc., which need to be considered. The key to a successful office ergonomic evaluation is the time taken to consider all of the variables, with the individual person being the center of focus. Subsequently, comfort, quality, and productivity will follow

Optimizing Motion: Philosophy



Optimizing Motion believes it is important for the general health of an individual to understand how their body moves in order to attain effective and purposeful movement without risk of injury. We are passionate and dedicated in supporting our customers in becoming independent in the management of their health and wellness, as well as self-sufficient in the recovery from discomfort or an injury. Our vision is to enrich the lives of our clients by enabling them to help themselves. We believe that an individual can benefit from the education that Physical Therapists can provide and should have easy, cost effective, access to this knowledge. Our concentration is on our power to educate, inform, and motivate individuals, organizations, and industries, resulting in healthier and more productive companies and communities.

Experience

Dr. Kathryn Meeks has practiced physical therapy for 25+ years. She received her undergraduate Physical Therapy degree from Indiana University and her Doctor of Physical Therapy from the University of New England. Dr. Meeks is also a Certified Ergonomist and has spent 15+ years providing ergonomic services to many companies in Silicon Valley. She is passionate about helping people and companies help themselves prevent and recover from injury/discomfort, as well as enriching and improving the health of the community for which she lives and works.

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Our Clients

You

Your Business

Our Community

SERVICES

*How can we help you, your business,
and our community?*

You

- Individual movement training, exercise education, and resources to help alleviate chronic or acute pain/discomfort.
- Home office ergonomic evaluation, including resources for appropriate furniture and chairs.
- Physical therapy services, treating a wide variety of injuries.

Your Business

- Ergonomic program development and support.
- Ergonomic training classes
- Onsite ergonomic evaluation for all type or work environments.
- Work closely with Workers Compensation Insurance to manage the cases of workers with injuries of discomfort

Our Community

- Work with our schools and universities to educate in low risk use of technology tools and set ups
- Provide posture and movement training classes to our community.