

# Good Health

## GREENSBORO

CHIROPRACTIC & WELLNESS.

### WORK/HOME DESK:

- 1) Have a co-worker or family member take a picture of you working from **behind** & from the **side**
- 2) Take a picture of the workstation without you sitting, make sure to include the chair and or pad you stand on
- 3) Email this to [getgoodhealthgso@gmail.com](mailto:getgoodhealthgso@gmail.com) **OR** Bring this to your next appointment and Dr. Huff will review
- 4) After sending the email, work on modifying your desk to the bottom right picture
- 5) If you have any questions about these, give us a call at: 336-509-4963
- 6) When sitting properly it is ideal to have your joints at 90 degrees and your eyes level with the top of your monitor.

