

Occupational Therapy Tip of the Month

September

Proper Positioning in a Desk

Have you ever been to a restaurant and sat at a tall stool that didn't have a place for your feet to go, or where the top of the table comes to shoulder height? This can be very uncomfortable, and you probably spent most of your time trying to find a way to be comfortable.

Sitting in a desk can be hard work, especially if it isn't your size! To help you and your students be in an optimal position to do work at a desk consider the following:

Proper positioning:

- Desk height should be 2" above the elbow when the arm is relaxed and at your side.
- Your feet should be able to touch the floor comfortably giving you a stable base.

Adaptations:

- Adjust the height of the desk or table lower or higher if possible.
- Use a cushion on the seat to adjust the seat to table height.
- Wrap phone books in duct tape and use sticky back Velcro to attach them to the floor, or use a stool or box for those who feet dangle.

Alternatives to sitting in a desk to do work:

- Have a few standing work stations in your classroom so that your students can choose to stand to do their work.
- Use a therapy ball as a seat instead of a chair.
- Have some "tummy time" work times on the floor or on a mat.