

Common Problems with Positioning

<u>You might see:</u>	<u>You might try:</u>
Slumped over desk	<ul style="list-style-type: none"> ▪ Check desk height – it may be too low ▪ complete work on a vertical plane – chalkboard or easel ▪ complete work laying down on the floor ▪ Use a slant board or 3”-binder ▪ Sit on a wedge cushion, theraball or T-stool
Dangling feet	<ul style="list-style-type: none"> ▪ Use a foot stool – old phone books wrapped in duct tape works well ▪ Use a small chair
Twist or fall out of chair	<ul style="list-style-type: none"> ▪ Check chair and desk height ▪ Complete work in a different position (standing, sitting out the floor) ▪ Engage in heavy work before to be seated to complete desk work
Tilts chair	<ul style="list-style-type: none"> ▪ use a wiggle/move ‘n’ sit cushion, theraball or T-stool ▪ change position to complete work ▪ have a movement break
Sit too far from desk	<ul style="list-style-type: none"> ▪ teach correct sitting position ▪ use tape to mark proper chair position ▪ have eyes checked
Uses one or both hands to support self in sitting	<ul style="list-style-type: none"> ▪ provide a more supportive chair ▪ engage in exercises and activities to strengthen core muscles and sitting balance ▪ use alternate position that is stable and allows hand use
Leans on arm/hand	<ul style="list-style-type: none"> ▪ complete work on a vertical plane ▪ complete work laying down
Holds head too close to work	<ul style="list-style-type: none"> ▪ check desk and chair height ▪ check eyes ▪ check pencil grasp
Fidgets in seat	<ul style="list-style-type: none"> ▪ use a wiggle cushion, theraball or T-stool ▪ have a movement break ▪ change position to complete work ▪ wrap theraband around chair and/or desk leg so feet can stretch ▪ use a vibrating cushion