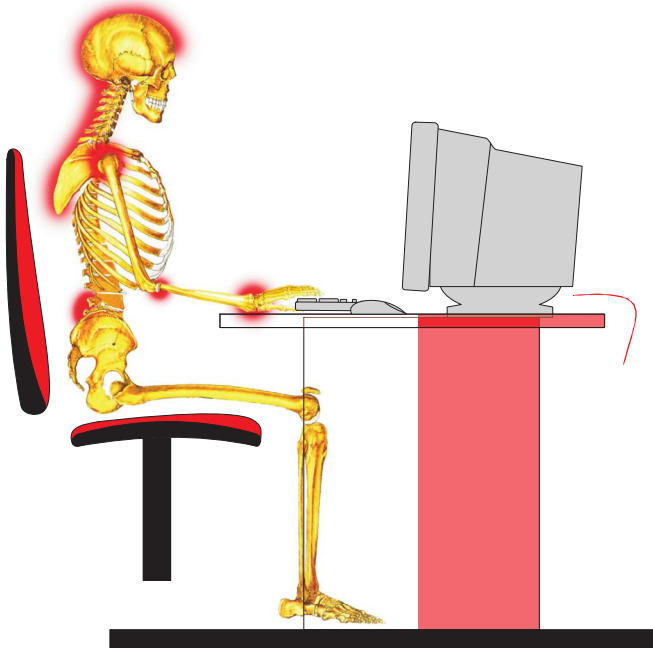


ERGONOMIC PRINCIPLES OF FOREARM SUPPORT

- ① Armrests provide support for elbows and forearms reducing static muscle strain on upper trapezius and levator scapulae muscles. The arm rests also serve to approximate the arms closer to the torso helping prevent scapular protraction. Shoulders are able to remain in a relaxed and neutral position.
- ② Reduction of static muscle contraction of the sternocleidomastoid, anterior deltoid and pectoralis muscles may help prevent postural de-compensation, scapular protraction and upper thoracic hyper-kyphosis.
- ③ A semi-reclined posture promoted by the angled surface of the PosturePod and reduced shoulder girdle and arm weight loading on the torso provided by arm the arm supports may help reduce intervertebral disk pressure.
- ④ A reduction in static sub-occipital muscle contraction and decreased cranium tilt may help reduce tension related headaches.
- ⑤ Support of the shoulder girdles helps initiate a sympathetic diaphragm reflex, reducing diaphragm compression, increasing lung capacity and tidal volume.
- ⑥ Keyboard and mouse recesses reduce wrist extension allowing the wrists to remain in a neutral position. Pressure is redistributed from the undersurface of the wrists to the hand thenar/pads helping reduce median nerve compression and the risk of Carpal Tunnel Syndrome.

Before



After

