

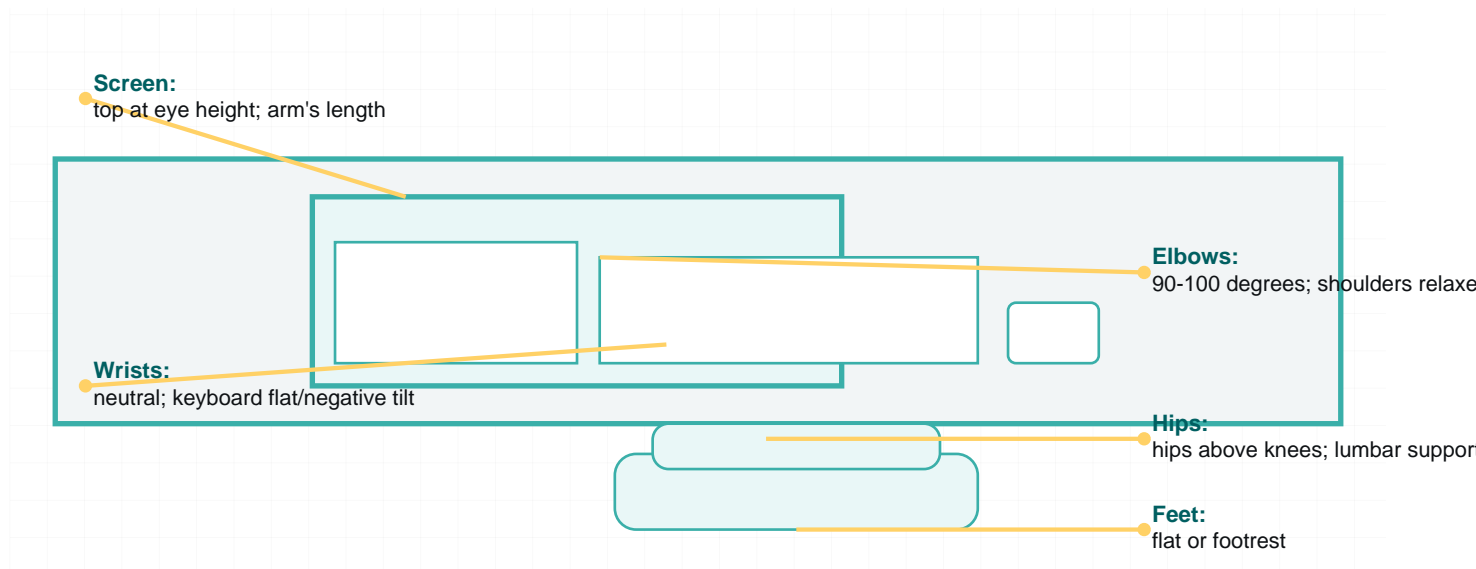
Pain-Free Desk: 5-Step Ergonomics Map

BetterSelfLabs.com — DIY that actually helps

TL;DR — The Five Anchors

Screen	Top at eye height; arm's length (50-75 cm).
Elbows	90-100 degrees; desk at elbow height; shoulders relaxed.
Wrists	Neutral; keyboard flat or slight negative tilt; mouse close.
Hips/Back	Hips slightly above knees (2-5 cm); lumbar support.
Feet	Flat on floor or on a footrest.

Blueprint Layout (measure once, fix once)



Quick Numbers

Screen distance	50-75 cm (about arm's length)
Monitor top	At eye height (bifocals: slightly lower)
Desk height	Around elbow height with shoulders relaxed
Keyboard tilt	Flat to slight negative
Chair	Hips 2-5 cm above knees; add lumbar support

Movement rule: 20-8-2 — sit 20 min, stand 8 min, move 2 min; repeat all day.

BetterSelfLabs.com

10-Minute Trainer Setup + Fix-It Guide

Practical directions, not gear worship

Step-by-Step Setup

- 1) Screen height and distance: Raise the top of the screen to eye level. Keep the display at arm's length. If on a laptop, raise it and plug in a keyboard and mouse.
- 2) Desk and elbows: Set chair so your elbows are 90-100 degrees with shoulders relaxed. Desk should be at about elbow height. If feet float, add a footrest.
- 3) Wrists and inputs: Keep wrists neutral. Flatten keyboard or use a negative tilt. Keep the mouse close at the same height.
- 4) Hips and back: Sit back and support the lower back with a rolled towel or lumbar cushion. Keep hips slightly above knees.
- 5) Feet and floor: Feet flat and supported. A footrest improves stability and back comfort.

Troubleshooting (symptom -> likely fix)

Neck or upper-back burn	Screen too low or too far. Raise the screen; increase text size; practice gentle chin tucks.
Shoulder pinch	Desk too high or you're reaching. Drop desk or armrests; pull keyboard and mouse closer.
Wrist ache or tingling	Keyboard tipped up or desk too high. Flatten keyboard; lower desk 1-2 cm; keep mouse close.
Low-back ache	Hips below knees or slouching. Raise seat; add lumbar support; keep hips above knees.
Eye strain or headache	Glare or distance wrong. Move screen to arm's length; reduce glare; use 20-20-20 visual resets.

Standing-Desk and Small-Space Notes

Standing desk: set surface at elbow height; monitor at eye height; keep wrists neutral; use an anti-fatigue mat; rotate with the 20-8-2 rhythm. Small spaces or dining tables: raise the screen with books, use an external keyboard and mouse, add a rolled towel for lumbar, and use a box as a footrest.

Weekly 60-Second Maintenance

- Press adhesive pads and check for wobble.
- Re-position the lumbar roll after anyone uses your chair.
- Pull keyboard and mouse back into a tight, neutral zone.
- Quick dust and wipe to stop desk creep.

This guide is educational, not medical advice. Ongoing pain or numbness? See a clinician.
BetterSelfLabs.com — Practical, evidence-aware DIY that actually helps.