

Desk Posture & Tech-Neck Checklist

Print this or pin it near your desk. Check it at the end of each workday. Full guide: posturelabla.com/learn/posture-exercises-for-desk-workers

DAILY CHECKLIST

- ☐ Screen top at eye level, about an arm's length away
- ☐ Elbows near 90°, wrists neutral, feet flat on floor or footrest
- ☐ Got up at least once every 45 minutes
- ☐ 10 chin nods (front-of-neck activation) done
- ☐ Chest stretched — both sides, 30 seconds each
- ☐ Mid-back extended and rotated (chair extension + open book)
- ☐ Wall angels or a band pull-apart set done
- ☐ Six slow exhales to drop the shoulders
- ☐ Phone held at chest/eye height instead of looking down at your lap
- ☐ Two or three loaded pulling sessions on the calendar this week

THE 10-MINUTE ROUTINE — DO THESE IN ORDER

- 1. Chin nods** 10 reps × 5 sec
 Glide chin straight back, no tilting. Highest-value tech-neck drill.
- 2. Doorway pec stretch** 2 × 30 sec/side
 Elbow at shoulder height, step through. Stretch the chest, not the joint.
- 3. Thoracic extension over chair** 8 slow reps
 Drape mid-back over chair edge. Extend on the exhale.
- 4. Open-book rotation** 6 reps/side
 Side-lying, knees stacked at 90°. Sweep top arm across, keep knees down.
- 5. Wall angels** 10 slow reps
 Wrists and elbows on the wall. Shorten range rather than losing contact.
- 6. Prone Y raise / band pull-apart** 2 × 10
 Thumbs up, lift an inch, hold 2 sec. No shrugging.
- 7. Reset breath** 6 breaths
 Inhale 4 sec into the ribs, exhale 6–8 sec.

Short on time? Steps 1, 2 and 5 cover activation, release and retraining.

Desk setup targets

ITEM	TARGET
Monitor top edge	At or just below eye level
Screen distance	20–30 in (arm's length)
Elbows	~90°, close to the body
Wrists	Neutral, forearms supported
Hips	Slightly above the knees
Feet	Flat on floor or footrest
Laptop only	Riser + external keyboard

How often

Every 30–45 min	Stand, 10 chin nods, 20 sec doorway stretch	60 sec
Once daily	Full 7-step routine	10 min
2–3× / week	Loaded strength: rows, carries, hinges	20–30 min
Weekly	Heat or bodywork for accumulated tension	30–45 min

WHEN TO GET ASSESSED

Numbness, tingling or weakness in an arm or hand; headaches getting worse; pain that wakes you at night; or 6+ weeks of consistent work with no change. Book a Posture Reset at posturelabla.com/book or call (424) 433-4465.