



Photo Template

Please have a friend or family member help to take the following photos to gather positional information to be assessed:

Photo 1: Profile at Desk from Right

Try to get a picture including feet, knees, hips, back, and head from the right side. If possible, try to take from the level of the elbow for better assessment of wrist positioning on the keyboard.

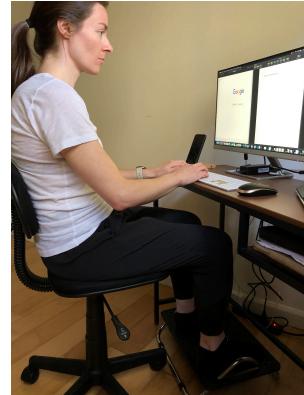


Photo 2: Profile at Desk from Left

Same instructions as previously; important for determining any differences between right and left position or overuse.

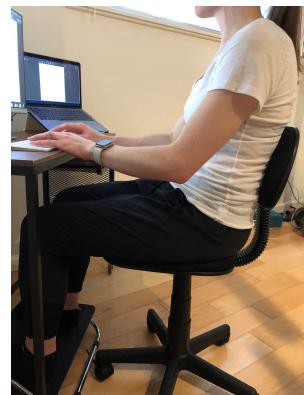


Photo 3: Keyboard, Mouse, and/or trackpad

Acquire an overhead shot of wrist and forearm position; preferably while actively typing and mousing separately.



More Pictures as Needed:

*These are the essential pictures required to gather information. Any other pictures of posture, positioning, or equipment are encouraged for more thorough information to be analyzed. Including any office work task not previously photographed (ex: using phone, position during video meetings, writing/ drawing, tablet use).