

## The \$50 "Perfect Posture" Office Setup

*How to ergonomic-proof your workspace without buying expensive furniture.*

### 1. The Monitor Rule (The "High-Five")

- **The Problem:** Looking down at a laptop screen creates 60lbs of pressure on the neck.
- **The Fix:** Your eye level should hit the **top 1/3rd** of your screen.
- **The \$0 Hack:** Stack your monitor (or laptop) on a pile of books or a shoebox until it is at the right height. Use an external keyboard/mouse on the desk.

### 2. The Elbow Angle

- **The Problem:** If your desk is too high, your shoulders "shrug" up to your ears, causing trap pain.
- **The Fix:** When typing, your elbows should be at a **90-degree angle** (L-shape). Your forearms should be parallel to the floor.
- **The Hack:** If your chair doesn't go high enough, sit on a firm cushion to raise your torso.

### 3. The "20-20-20" Rule (Eye Strain)

- **The Rule:** Every **20 minutes**, look at something **20 feet away** for **20 seconds**.
- **Why:** This relaxes the ciliary muscles in the eyes, which are directly connected to the sub-occipital muscles in the neck.

### 4. The "Sit Bones" Anchor

- **The Fix:** Don't sit on your tailbone (slouching). Scoot your hips all the way back in the chair so your lower back touches the support.
- **The Hack:** If your chair has no lumbar support, roll up a small towel and place it behind your lower back curve.