

# How to sit healthy?

## Tips to avoid harmful and uncomfortable postures

### Sitting properly means sitting actively and upright

Sit upright in an active posture: push your chest out, and minimize the static stress on your muscles (also refer to the tip about tilting your pelvis). Then adjust the treatment chair to the correct height. Adopt a relaxed posture that allows a perpendicular gaze over your work field. If needed, tilt the patient's head to get a direct view into the mouth.



### Work dynamically

Avoid working in a static tensed posture for too long. Try to move and relax as much as possible during the treatment.



### Stand up!

Avoid sitting down for long periods, and aim to get up and move about at regular intervals during the working day. Tip! Call your patients from the waiting room yourself, and position your computer workstation at standing height.



### Stay fit

Strengthen your muscles through regular exercise. This will allow you to maintain a good posture for longer periods of time, and repair stressed muscles faster.

We have listed these tips based on our extensive practical insights, and our collaboration with ergonomic experts from a number of universities. They help you to sit healthy and work comfortable. You can get started with these tips right away!



## Tilt your pelvis for optimal back posture

The angle between your upper body and thigh (this is the hip angle) should be at least 110 degrees, so that your pelvis is tilted forward. Tilting your pelvis in this way means your spine retains most of the natural S-shape.

### Neutral posture

An open hip angle of 135 degrees is optimal. This so-called 'neutral posture' minimizes the strain on your muscles and spinal column. You can read more about this on the next page.



Do not adopt harmful postures. Try to alternate your posture within the following limits:

### Head

Your head is heavy (weighing 4.5 kilos on average), and therefore puts great strain on your vertebrae and muscles whenever you bend it. Don't bend your head forward by more than 20 degrees. Always avoid tilting your head sideways.

### Upper body

Bend your upper body forward from your hip joint by a maximum of 10 degrees. Always avoid bending sideways (laterally), and twisting your upper body.

### Upper arms

When possible, rest your elbows and upper arms against your upper body to reduce the static load on your upper arms and shoulders.

### Forearms

According to research, an angle of around 90 degrees between the lower- and upper arms works best. To support the weight of your forearms, let your forearm rest on your fourth and fifth finger, either inside or outside the mouth of the patient. In a healthy working posture, you will work at a distance approximately 34 to 40 cm from your eyes.

For more information and research visit the website of the European Society of Dental Ergonomics: [www.esde.org](http://www.esde.org).