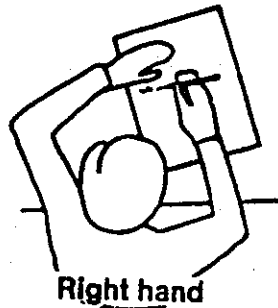
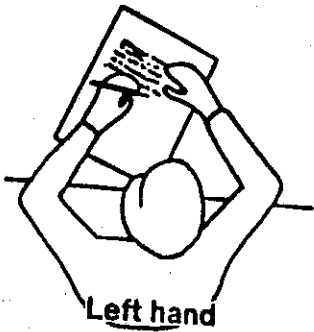


ALTERNATIVE POSITIONS

- These positions can also provide a stable posture when performing fine movements with the hands:
 - lying on stomach, propped up on elbows
 - sitting in the corner of a room/chesterfield
 - standing-up
 - sitting with feet tucked-up

PAPER

- Is paper correctly positioned?
- Is non-writing hand on paper?



Sitting Posture

Correct Posture

- Length of thigh supported by the seat of the chair
- Knees comfortably positioned under the table
- $\frac{3}{4}$ of forearm resting on the table top
- Feet flat on the floor
- Table height 2" above a bent elbow
- Back straight
- Neck bent forward slightly

