



the BEHAN PROTOCOL
FOR BETTER BACK AND SPINE HEALTH

IMPROVE YOUR SEATED POSTURE AT WORK

SIT AT LEAST 18"
FROM SCREEN

POSITION YOUR MONITOR
SO THE TOP LINES UP
WITH SIGHT LINE & YOU
CAN SEE THE WHOLE
SCREEN

TILT YOUR
PELVIS
SLIGHTLY
FORWARD

KEEP YOUR
FOREARMS
PARELLEL
TO THE
FLOOR

USE YOUR CHAIRS BACK
REST TOHELP YOU SIT
UPRIGHT AND IN
ALIGNMENT

LEGS UNCROSSED,
FEET FLAT ON THE
FLOOR

(IF THEY CAN'T REACH PUT THEM UP
ON SOMETHING)

