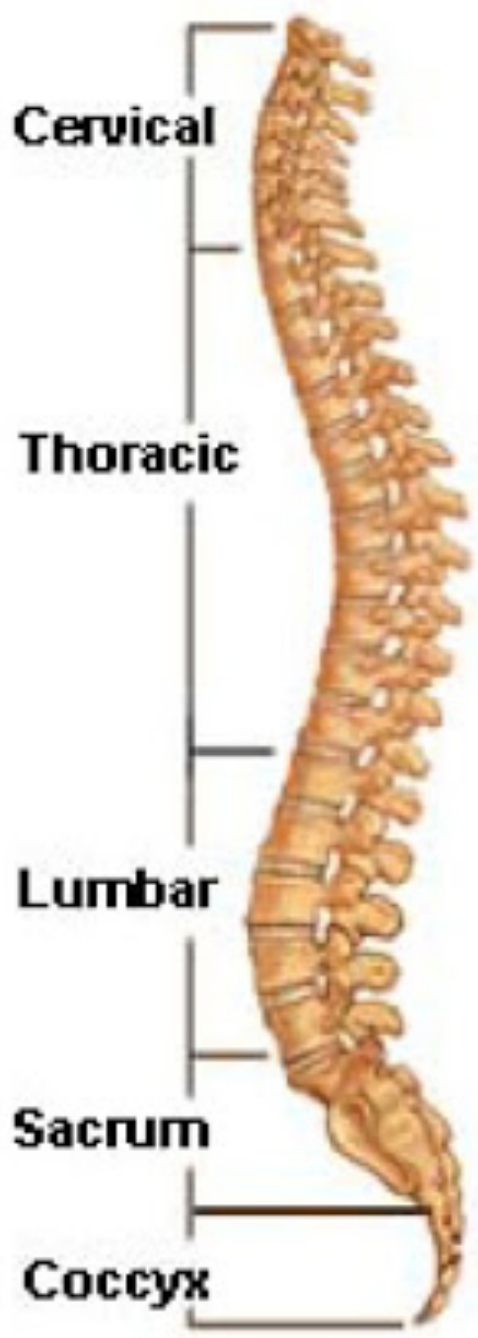
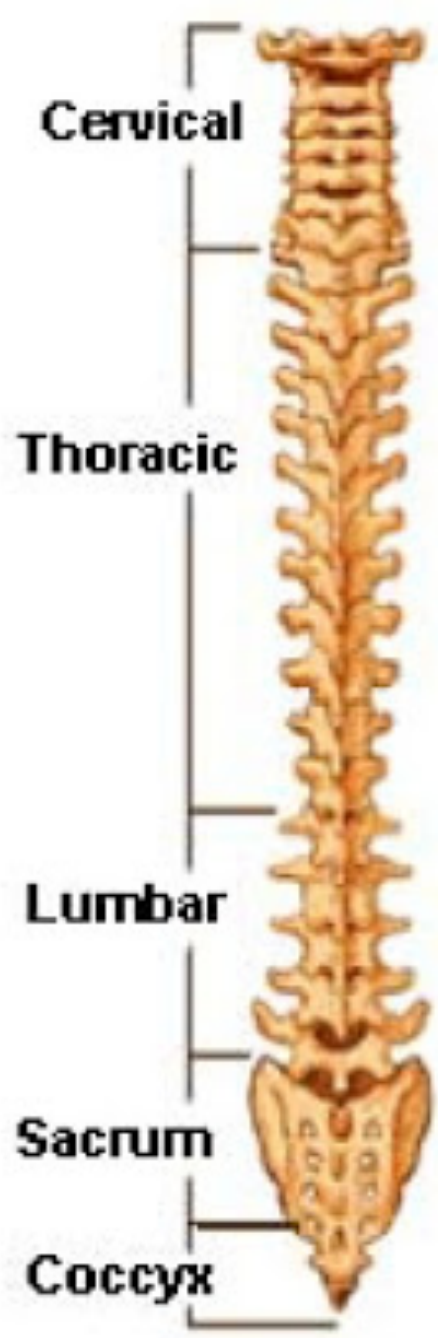


**Lateral (Side)
Spinal Column**



**Posterior (Back)
Spinal Column**





How heavy is your head?

12 lbs. (5.4 kg)



NORMAL POSTURE

32 lbs. (15 kg)



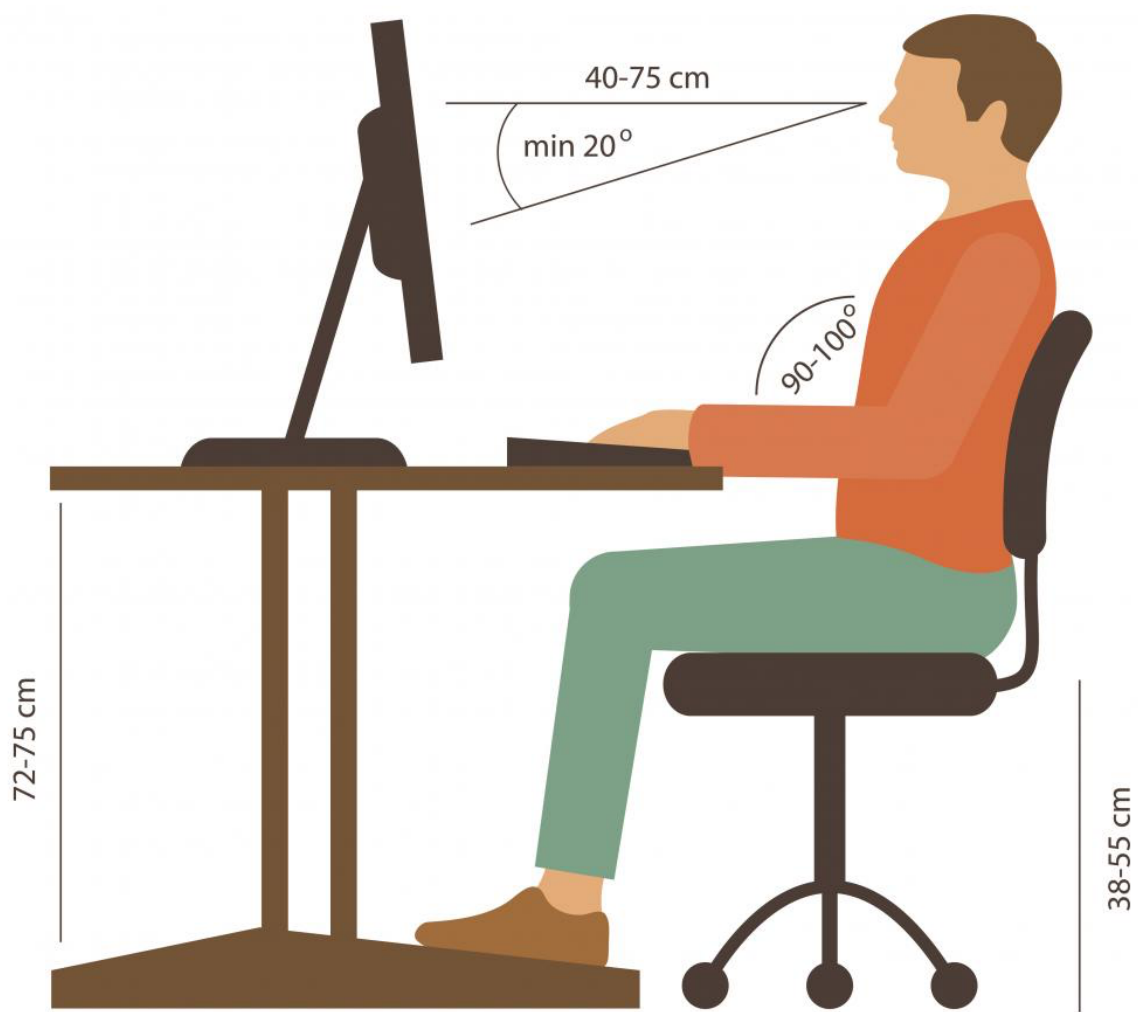
2 IN (5 CM) FOWARD

42 lbs. (19 kg)



3 IN (8 CM) FOWARD





Desk Ergonomics

