

# TMCSEA

## TAZEWELL-MASON COUNTIES SPECIAL EDUCATION ASSOCIATION

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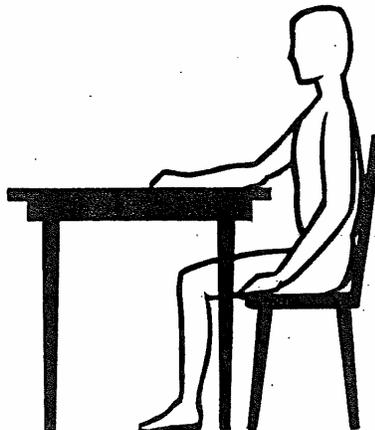
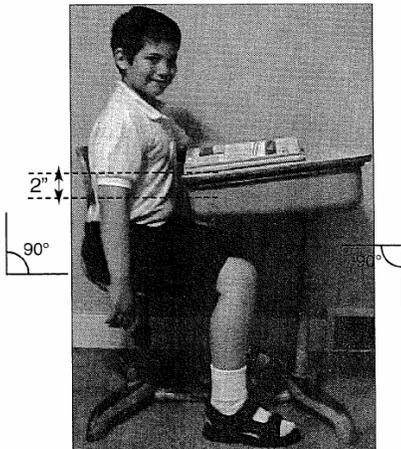
## Optimal Desk, Table & Chair Positioning

### Desk

- Height should be 2 inches above elbow level when arm is resting at the side.

### Chair

- Both feet flat on the floor.
- Hips and knees bent at approximately 90 degrees
- Back support
- Avoid pressure behind the knees



### Research has shown

- Poor positioning has been related with low handwriting performance scores.
- With proper position improvements were noted in attention to task, handwriting legibility, behaviors and Math tests scores.
- Third and fourth graders are expected to remain seated for two thirds of the school day.
- Approximately 23% of elementary school children complain of back ache and this percentage rises to 33% in the secondary school population.
- It has been found as many as 60% of school children experience back problems by the ages of 15 or 16 years old.
- A study of US teenager found that 56% of males and 30% of females suffered from degeneration of the spine as supported by x-ray evidence.