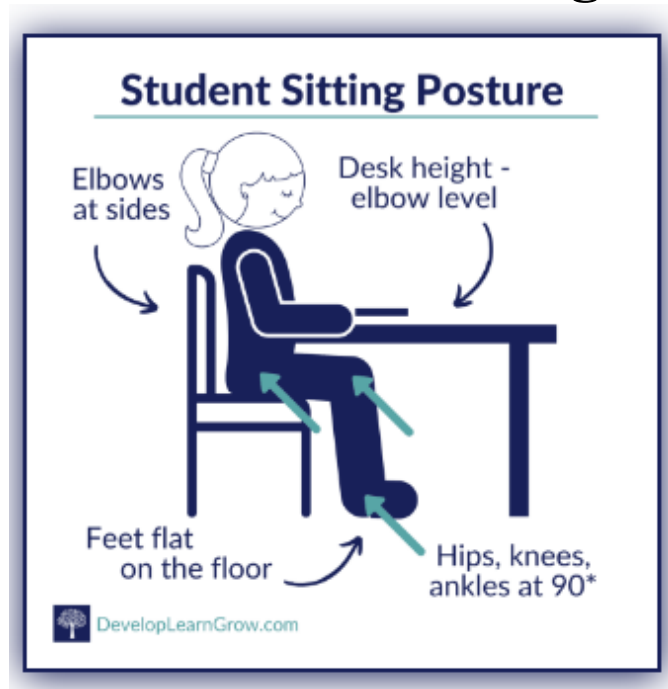


Optimal hand function requires: **Stable Positioning**

Check:



- ❖ Feet on the floor or on a footrest
- ❖ Back against the back of the chair
- ❖ Up nice and straight
- ❖ Arms resting on the desk or table

“The eyes need an appropriate angle and presentation of learning materials. Proper sitting posture improves comfort, reduces fatigue, and allows the hands to work more functionally.”

Adapted from: [Develop Learn Grow OT website](http://DevelopLearnGrow.com)