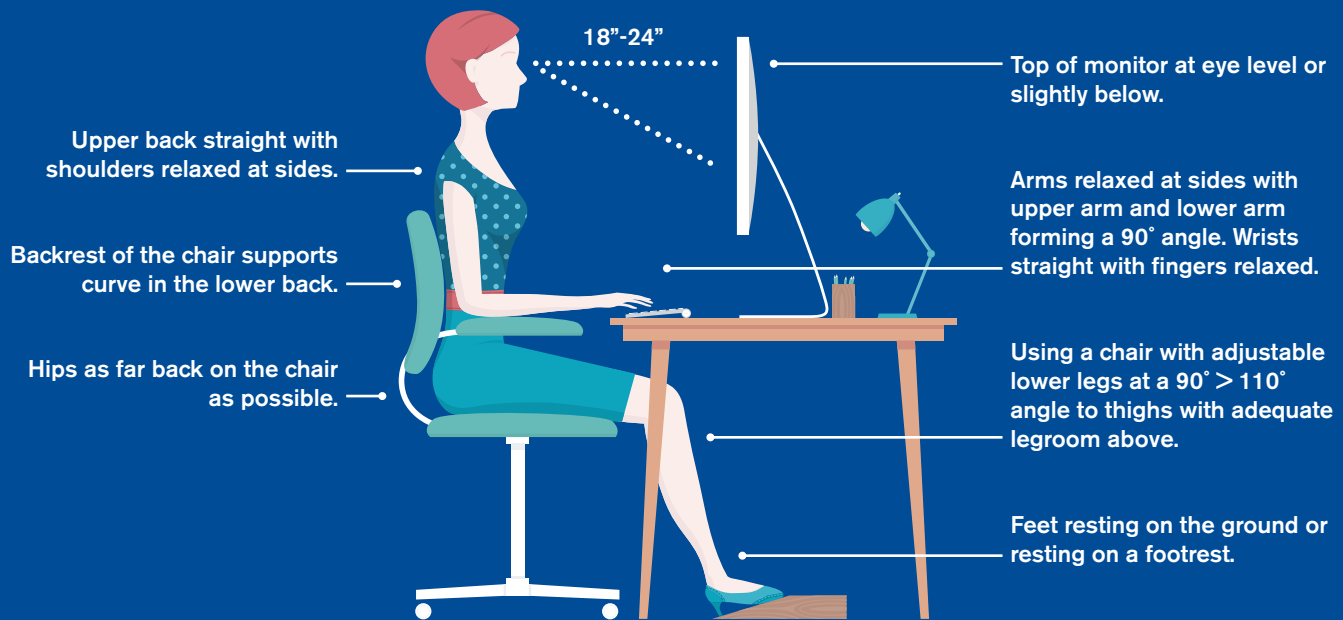


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PHYSICAL THERAPY

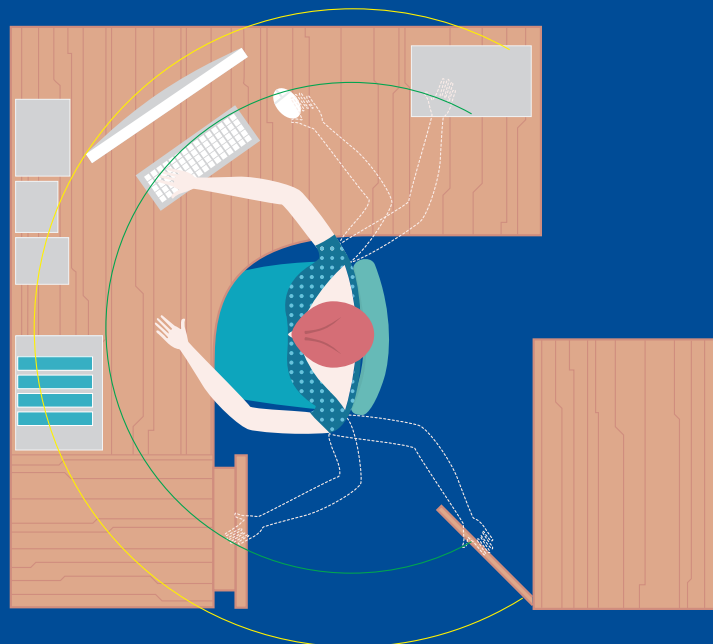
## Ergonomic Workstation



### Arrange your workstation into zones

**Primary Zone:** \_\_\_\_\_  
Items that are frequently used, requiring little to no reach.

**Secondary Zone:** \_\_\_\_\_  
Items that are occasionally used, requiring a slight reach with small extension of the shoulders and arms.



To schedule an Ergonomic Consultation  
**Call** - 888-8-WORK4U | **Email** - Work4U@athletico.com  
**Visit** - [www.athletico.com/Work4U](http://www.athletico.com/Work4U)



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