

# STRONG AND NATURAL POSITIONS

## Hands and Wrists: Standard Computer Keyboard

Keyboard above  
Elbow Level



Positive Slope



Keyboard Flat



Negative Slope

Keyboard at  
Elbow Level



Positive Slope



Keyboard Flat



Negative Slope

Keyboard below  
Elbow Level



Positive Slope



Keyboard Flat



Negative Slope



For more info visit:  
[msdprevention.com](http://msdprevention.com)

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shouldn't  
hurt**