

Potential Accommodations for Back Pain

CAP can provide tools to help alleviate back pain caused by conditions such as arthritis, degenerative disc disease, or a spinal injury. For more information, please contact CAP at www.cap.mil.



Lumbar Support



Lumbar Support devices are used to assist individuals who have dexterity limitations by allowing an individual to apply various levels of support to specific locations on their back or pelvic area, all while working from a seated position. The pictured item is simply an example of what CAP can provide, there are other types available based on the individual's needs.

Pictured: Jobri Better Back Seat Support

Document Holder



Document holders are used to assist individuals who have dexterity limitations in their neck, shoulders or back that prevent them from accomplishing essential job tasks without pain. Document holders allow an individual to position hard copy documents in the optimal position based on their limitations and workstation setup.

Pictured: 3M DH640 In-Line Document Holder

Keyboard Trays



Keyboard trays are used to assist individuals who have dexterity limitations by allowing an individual to position their keyboard and mouse in the best position for them via a moveable arm attached to the underside of the desk. This tool provides the ability to change the height, angle, and tilt of the platform these input tools are on.

Pictured: Banana Board Keyboard Tray w/ 22" Track Pinnacle Arm (Ball Bearing)

Monitor Arms



Monitor Risers and Arms are used to assist individuals who have dexterity limitations by allowing an individual to position their monitor(s) at the most appropriate location, height, orientation, and angle based on their workstation setup and job requirements. This can either be done by arms that attach to the desk or with stackable risers.

Pictured: Workrite Conform Dual Monitor Arm

Telephone Headsets



Telephone headsets and handsets are used to assist individual who have dexterity or hearing limitations that prevent them from accomplishing essential job tasks. Telephone headsets provide the ability to speak on the phone without holding the handset, and can provide additional amplification of the voices heard over the phone.

Pictured: Plantronics CS540 Headset System w/ HL10 Handset Lifter



Computer/Electronic
Accommodations
Program

Computer/Electronic Accommodations Program (CAP)

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