



DISCOVERING PROPER ERGONOMICS FOR YOUR HOME OFFICE

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Discovering Proper Ergonomics For Your Home Office

With all of us working from home, it can be difficult to find a comfortable workspace. However, it is important to make sure that the ergonomics in your office are functioning properly, in order to avoid developing unwanted aches and pains.

When working from home, ask yourself, "how do I maintain my posture throughout the day?" Do you catch yourself slouching frequently? Do those last couple hours of the workday leave you achy and ready to call it quits? If you are experiencing aches and pains, especially in your neck or back, poor posture is probably to blame. Fortunately, posture can be improved with some ergonomic changes.

For more information on how to optimize the ergonomic setup of your home office, or additional tips for beating daily aches and pains, contact Therapy West Physical Therapy & Sports Medicine today.



Making The Most Of Your Work-From-Home Days

If you work from your home office all day, it is important to have a proper ergonomic setup. Make sure that you are at a proper height with your desk chair and computer, so you don't have to slouch or lean forward.

Additionally, make sure your chair has the proper lumbar support needed to help you sit straight while you're working. These simple steps can help tremendously with your overall posture.

If you are at a desk for extended periods of the day, it is important to make sure your back posture is okay. Sit upright, place your feet flat on the floor, and try not to cross your legs. Make sure there is a small gap between the back of your knees and the chair. Having a chair with strong back support and padding is also recommended for making your upright position more comfortable.

In addition to making the most of your home office, it is also important to make sure you are taking care of your body. When working from home, it is no secret that most of the day is spent with limited levels of mobility.

It is important to make sure that you get up every 30 minutes or so and take a small walk, at least for a minute or two. This will help in loosening up your muscles and joints, as well as initiating a stronger blood flow.

Exercise is incredibly important in general, especially if your job involves several hours of inactivity. When you exercise, you are stretching and strengthening certain muscles of your body, including problem areas such as your neck and back.

Taking even a small amount of time to walk or jog around the neighborhood every day after working from home can highly improve your posture and gait – in addition to helping you get you out of the house for some time!



Have You Thought About Investing In A Standing Desk?

Did you know that standing burns between .7 to .15 more calories per minute than sitting does? It may not seem like a lot, but by simply standing for longer periods of time, you can easily burn more calories throughout the day.

Sedentary lifestyles, especially the ones that many of us are experiencing right now, can increase your risk of heart disease, obesity, or other serious health issues. However, investing in a standing desk or alternate seating option at work can help in greatly decreasing these risks and making your home office more ergonomically friendly!

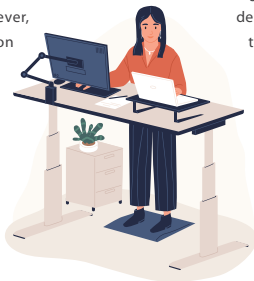
Using a standing desk as opposed to a traditional sitting desk has been proven to lower one's chances of developing cardiovascular disease, diabetes, and obesity. Nevertheless, standing desks are not for everyone, especially those with joint or vascular conditions.

You may be asking, "doesn't standing all day long have its own implications?" The short answer is – yes. Anything without moderation can have its pitfalls. Standing can boost your energy levels, concentration, and even your mood, but if you have a traditional 9-5 job, chances are that level of productivity will dissipate after a while.

Standing for too long can cause you to run out of energy quicker and can take a toll on your physical comfort. Many medical professionals recommend adjustable desks for your home workplace environment, so

you can spend a large amount of your day standing or stretching, with the opportunity to rest when you become tired.

Studies suggest whether you choose a standing or adjustable desk for your workday, integrative support can be beneficial in easing yourself into the new setting. In fact, those who participated in some sort of integrative support program for their standing or adjustable desk stood for an average of 50 minutes longer each day than those who did not.



At The End Of The Day, Make Sure You're Comfortable

No matter how you choose to work from home, ergonomics is an important concept to keep in mind. Ergonomic laptop desks and chairs can promote proper posture and decrease the risk for back problems, while workplace design can make an impact on your overall happiness, productivity, and well-being.

At the end of the day, make sure you're comfortable – don't let the daily stresses of working from home take a toll on your physical health! There are several steps you can take to improve your posture, strength, energy, and overall well-being throughout the workday. For more information, contact Therapy West Physical Therapy & Sports Medicine today.



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Congrats To Our 6 Area High School Scholarship Winners!



Adrienne Shelley - Manti Winner



AubryAnn Burrell - Gunnison Winner



Kasen Ericksen - North Sanpete Winner



Tate Goble - North Sevier Winner



Hunter Alger - Richfield Winner



Natalya Cornelius - South Sevier Winner

Congrats to our 6 area high school scholarship winners! You are all amazing and on to great things!

Exercise of the Month Sitting Posture



Sit on a sturdy chair and scoot your hips forward. Place your feet flat on the floor. Tip your pelvis slightly forward. Straighten your spine until your ears are directly over your shoulders and your shoulders are over your hips. Draw your shoulder blades gently back and together. Tuck your chin. Stretch up tall; imagine a string attached to the top of your head, pulling you up to your full height.

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.



Come back and see us!

Are you struggling with pain that won't go away? We want to help! Call us or visit www.TherapyWestPT.com to schedule your consultation today!