

FEELING THE STRAIN OF WORKING FROM HOME?

15 THINGS TO DO TO KEEP THE PAIN AT BAY WITHOUT HAVING TO BREAK THE BANK BUYING EXPENSIVE EQUIPMENT.

Guide by

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(value £75)

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CHIROPRACTIC



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About the author, Dr Luc Archambault, chiropractor

Clinic director at **SpineWorks Chiropractic**, Luc Archambault D.C. is a passionate chiropractor with over 20 years of clinical experience in Canada and in London UK. Graduated in 1999 from Université du Québec à Trois-Rivières (Canada) with a Doctorate of chiropractic, he has helped thousands of patients with various musculoskeletal conditions and has witnessed the fantastic transformations that chiropractic has made to people's lives.

He has specific interest in postural correction, neurology, spinal rehabilitation, management of scoliosis, wellness and treatment of disc injuries. He became certified in 2006 in Chiropractic Biophysics (CBP® www.idealspine.com), the most researched, evidence based technique in the profession in corrective spinal rehabilitation.

He also worked for the development of his profession. He has been an examiner for the Canadian Chiropractic Examining Board, a representative for his provincial chiropractic association and has been involved in being a mentor for new graduates.

Luc strives to grow professionally and personally and he believes that a healthy body and mind lead to a happier life. He empowers his patients to become more proactive and responsible in leading a healthier life and in reaching their own innate potential.

Introduction

In this special report on feeling the strain of working from home I share with you 15 simple solutions that need to be addressed in order to make working from home less of a pain in the neck or back.

The reality is that we're all different shapes and sizes and no one measure is likely to be the ultimate solution. Having assessed thousands of patients over more than 25 years the following 15 strategies are the most important to address so that you can work without the distraction of your neck or back pain. We don't all have access to expensive equipment and HR departments to provide us with a perfectly fitting ergonomically evaluated workstation that's why this guide has taken those things into consideration and I have provided you with information that really makes a difference.

You will need to tweak some of the factors a few times until you can feel that the changes are working. Some changes will make a difference instantly, some will take some time. One thing is for certain, you'll definitely feel the benefit of putting some effort into setting up your workstation correctly and using the other tips in this guide.

If the cause of your symptoms isn't actually your workstation or how you're working at it then there's no guarantees that the solutions are going to make a big difference. However, in my experience you'll probably stop things from getting worse at the very least and at best you'll be more productive as well as having a decrease in your pain without the use of medication.

The Problem

Those of you involved in desk work sit for long periods, frequently far longer than is good for you. A typical desk worker:

- Uses a chair in which the seat slopes backwards which significantly increases postural strain
- Uses a desk of inappropriate height which further increases strain
- Works at a flat surface when a sloping one would reduce strain

The Solution

Creating a solution is fairly simple. Postural strain can be minimised by dealing with three important points:- sitting posture, working height and working angle.

Workstation Set Up

Sitting posture - chair set up

1. Seat height

The height of the seat needs to be adjusted so that your **hips are higher than your knees with your feet firmly on the floor** or footrest. A footrest will only be necessary if your feet don't easily touch the floor. You could use a wooden plinth or a firm box to rest your feet on. Don't lower your chair, raise the desk height if possible.

2. Seat depth

When you sit on your seat, make sure you have support from the back rest and leave a gap of about the **width of your fist between your knee on the front** of the seat.

3. Seat tilt

Your seat should **tilt forwards (for most) at an angle of 90° - 110°** to allow for your spine to be in a neutral position. The seat angle required will depend on your individual alignment and what feels comfortable in the long run to you, however, as a rule of thumb a seat that tilts forwards is what most people benefit from. If you're not lucky enough to have a chair that tilts, try placing a wedge shaped cushion on your chair with the thin end of the wedge at the front of your seat.

4. Back rest height

The height of your lower back (lumbar spine) will be individual to you, alter the position of the back rest to suit you

5. Back rest tilt

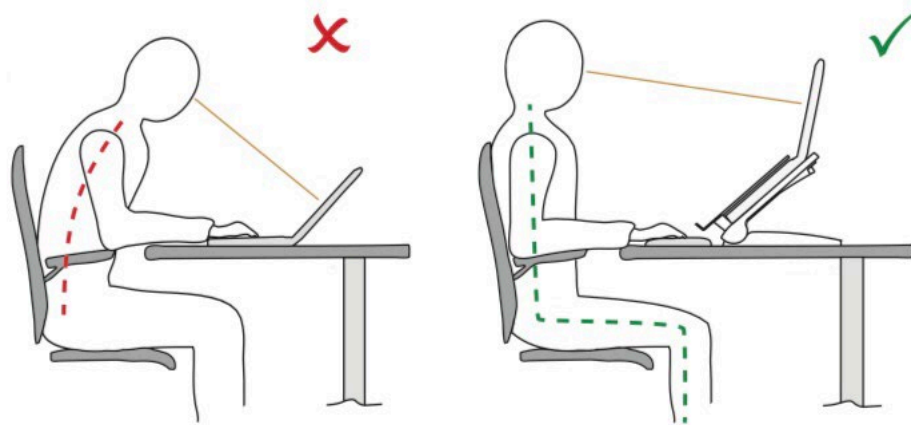
For good support you should tilt your back rest back a little at an angle of 90° - 120°.

6. Armrest height and depth

Your armrests should be altered so that your **elbows are supported at 90°** but your shoulders are relaxed. The depth that should mean your chair should be able to be close to your desk.

7. Headrest

Optional, this is mainly of use if your chair can recline as it will allow your neck and shoulder muscles to relax. You will need to alter the height and depth so that you support the base of your skull.



Sit tall don't slouch!

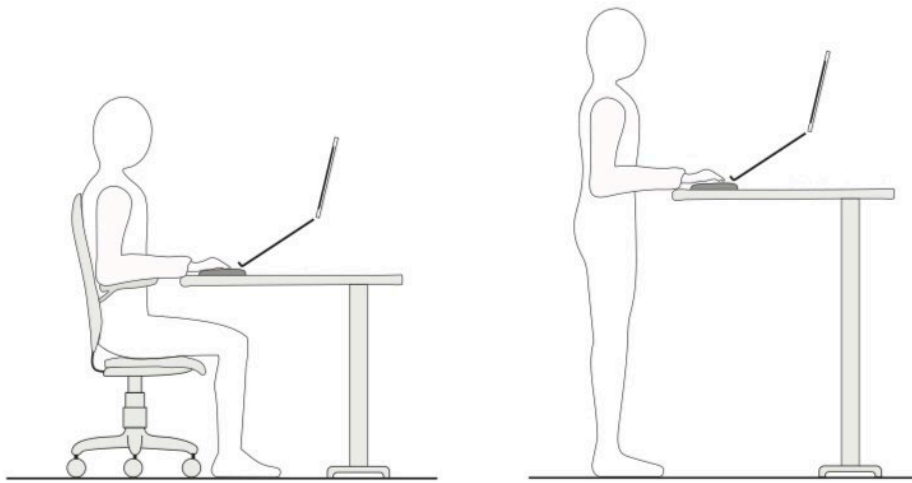
When you slouch your head sits too far forwards which leads to a strain on your neck and shoulders. When slouching and with your knees above your hips you risk putting a lot of pressure through the discs of your lower back and irritating ligaments and muscles.

Sitting posture - desk set up

A standard modern desk is too low for most of us at a fixed 72-75cm height. This encourages a collapsed sitting posture which greatly increases the load on the spine. The desk height may also be incorrect after you've set up your chair height. If the desk is too high, it'll encourage tension in the shoulders with your shoulders shrugging. If you can a sit-stand desk is the ideal solution. It can be raised to the height you need whilst sitting as well as being able to be used at a standing position. If this isn't something you can do easily then simply raising the desk height safely with pieces of wood or some other sturdy material will be the next best option.

8. Desk height

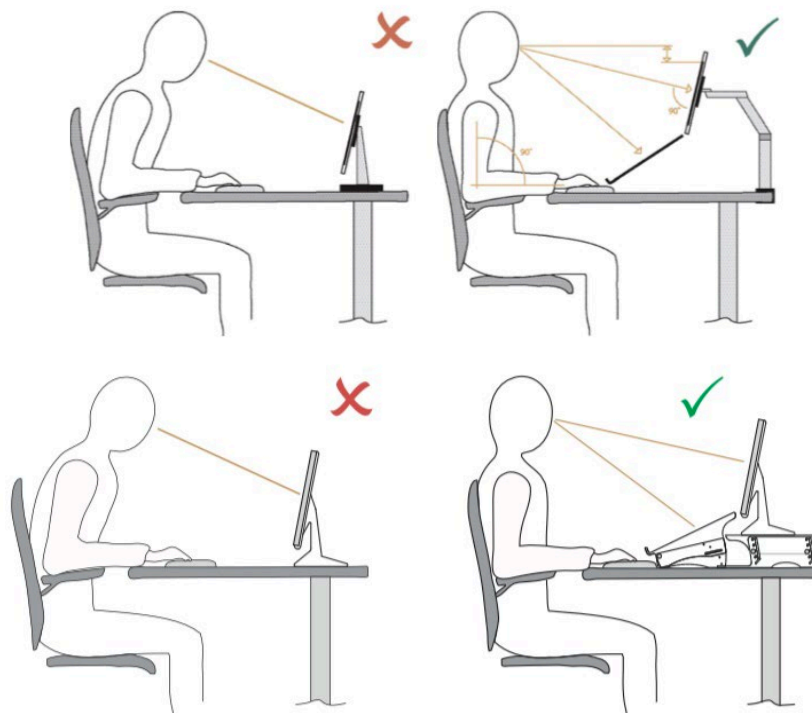
After you set up your chair according to the information above, the next stage is your desk height. The **middle row of your keyboard should be level with the elbow** with your forearm parallel to the desk. Don't shrug your shoulders you should sit in a relaxed position.



Sitting posture - desktop set up

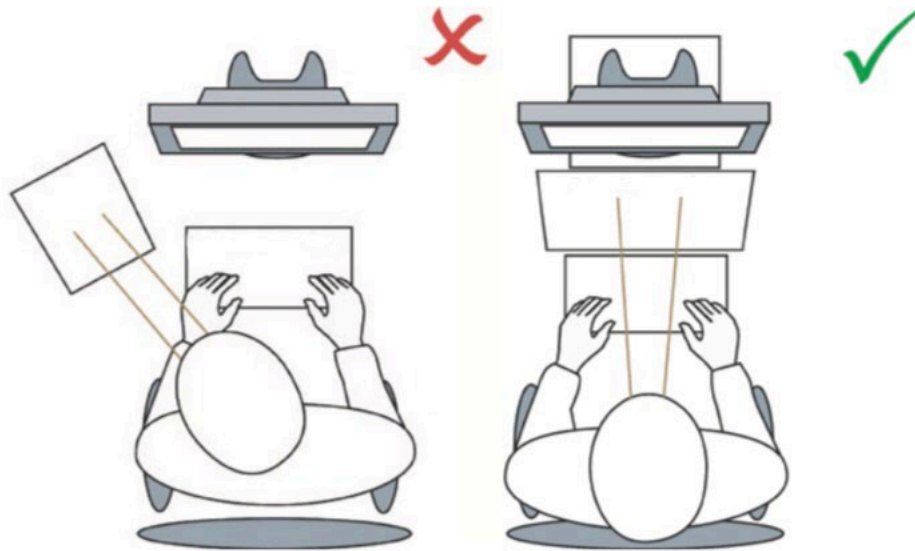
9. Monitor

Your monitor screen should be at least an **outstretched arms length** away from your torso. The top of the screen should be at **eye level**. Use a monitor arm or stand or elevate the screen with books etc.



10. Documents

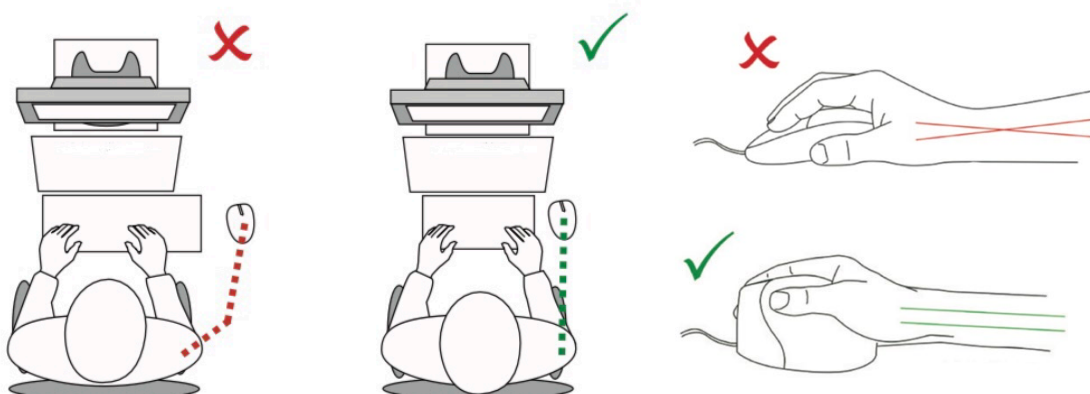
When using paperwork, tablets or a smart phone, use a **copy holder** to position the information in line with the screen at a slight incline so as to prevent prolonged periods of head bent down (tech neck).



11. Keyboard and mouse

According to research, 90% of keyboards users hardly ever use the numeric keypad. Working with a compact keyboard results in more comfort as it decreases the distance to the mouse. This reduces the strain on the shoulder and forearm. A separate number pad can also be positioned on the left if necessary. Dark letters on a light background, on your keyboard, make them easier to read.

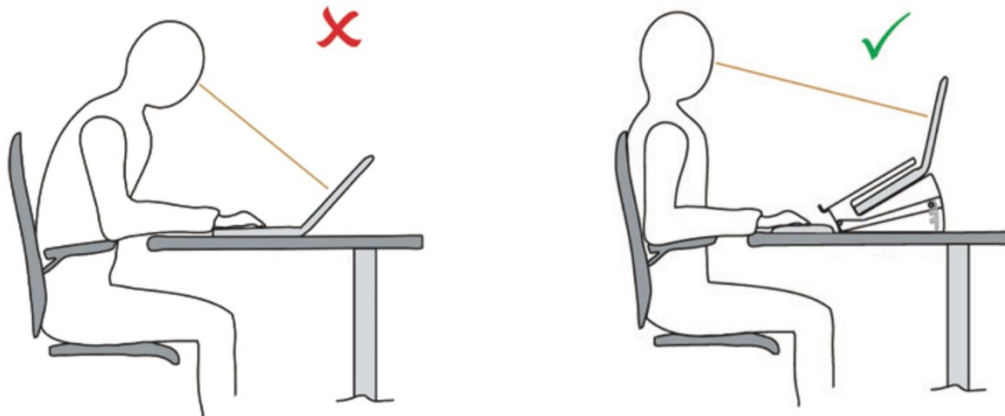
The mouse should be in line with the shoulder. A vertical mouse is grasped in a 'handshake' position. This position keeps the wrist from bending as much to the side and may prevent repetitive strain type injuries.



12. Laptop

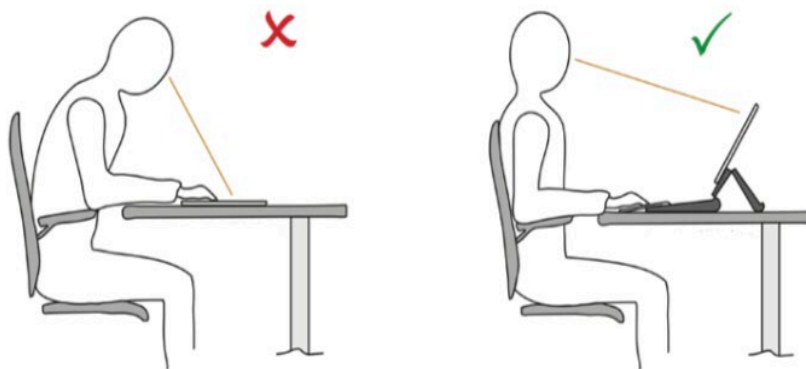
A laptop, despite what the name says, is not meant to be used in your lap! Without the advice given in this guide being followed, you should limit your laptop usage to **1 to 2 hours per day**. If you do need to work from your laptop for longer periods use a **laptop riser/stand** or an additional screen.

Using a **separate external keyboard and mouse** will also reduce strain on the upper body.



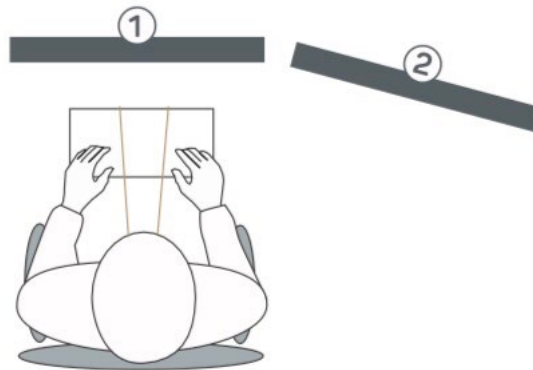
13. Tablet

A good tablet stand places the **tablet higher and at an angle** so that both neck posture and viewing angle improve. Use a **separate keyboard and mouse** if you're planning a lot of typing on the tablet.



14. Multiple monitors

Work with two monitors if you regularly work with multiple applications at the same time. Place **the screen you use most straight in front of you**. If you often have to compare data from several applications then place both screens in front of you so your head turns equally to either side to view the screens.



15. KEEP MOVING!!!

Sitting for your spine is like sweets for your teeth!

Be fidgety on your seat.

Sitting for long periods is not what our body is designed for.

Alternate between sitting and standing.

Take **regular breaks** and move away from your workstation.

Three minutes every hour is a good rule of thumb.

Make sure your activity suits your workstation.

Movement provides **energy for your brain** and will help your concentration and productivity.

HEALTH ADVICE DISCLAIMER

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this guide.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our clinics. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending on background, genetics, previous medical history, application of exercises, posture, motivation to follow advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed accurate in the absence of examination from one of the General Chiropractic Council registered Chiropractors at SpineWorks Chiropractic.

We are able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.