



Is your office a pain in the neck?

You hear about it around the water cooler—that pain in the neck that drives everyone in the office crazy. But that pain in the neck is not the office gossip— it's office ergonomics.

Ergonomics means applying scientific information to position your body relative to your surroundings to minimize physical stress on your body—a very important consideration as many of us spend eight or more hours sitting at a desk staring virtually non-stop at a computer.

If your chair, keyboard, computer monitor, etc. are not positioned properly, your body will be subjected to unnecessary stress that could lead to neck pain, low back pain and other physical deterioration.

Preventing office related injury

- Position your chair at a height where your feet are comfortably positioned flat on the floor, with your knees bent at a 90 degree angle. If your chair is not adjustable, use a foot rest such as a phone book to achieve this position. Improper positioning and support of your lower body can lead to low back strain, pain and injury.
- Don't remain in one position for long period. Stand up or walk around every 20 minutes. This can be incorporated into your work routine by taking phone calls, filing or reading while standing up rather than sitting—deliver a message to a coworker in person rather than emailing.
- Position your computer monitor at eye level by using a phone book or stand to reduce neck strain.
- Use the hands-free option on your telephone or a headset rather than holding the phone to your ear with your shoulder as this can lead to neck and shoulder strain.
- Listen to your body. When you feel tension or stress in certain area of your body like the neck, back and shoulders, change positions or try some gentle stretching exercises.

What to do if you're affected by poor office ergonomics?

Chiropractic is ideally suited to helping you deal with the many pains and strains resulting from everyday overuse and strain. Chiropractors are very experienced in treating back and neck pain, spine-nerve problems, and range-of-motion and biomechanical issues caused by office-related injury.

Life shouldn't hurt. See a chiropractor.