

HOW TO REDUCE BACK PAIN WHILE AT WORK

Think about how many hours of your life have been spent sitting in chairs. The number is surely staggering. What's worse, millions of people are sitting in a badly designed chair or are sitting in a way that can cause chronic back pain and undue suffering. Ergonomics is about designing towards our needs and our physiology. Whether you are buying an ergonomic chair to support your back or taking steps to improve your posture, knowing proper techniques and proper chair design will help you improve your back's health.

OFFICE CHAIR: HOW TO REDUCE BACK PAIN

An ergonomic office chair is a tool that, when used properly, can help one maximize back support and maintain good posture while sitting. However, simply owning an ergonomic office chair is not enough - it is also necessary to adjust the office chair to the proportions of the individual's body to improve comfort and reduce aggravation to the low back and neck.

The first step in setting up an office chair is to establish the desired height of the individual's desk or workstation. This decision is determined primarily by the type of work to be done and by the height of the person using the

office chair. The height of the desk or workstation itself can vary greatly and will require different positioning of the office chair, or a different type of ergonomic chair altogether.

Once the workstation has been situated, then the user can adjust the office chair according to his or her physical proportions. Here are the most important guidelines - distilled into a quick checklist - to help make sure that the office chair and work area are as comfortable as possible and will cause the least amount of stress to the spine:

1) Elbow measure

First, begin by sitting comfortably as close as possible to your desk so that your upper arms are parallel to your spine. Rest your hands on your work surface (e.g. desktop, computer keyboard). If your elbows are not at a 90-degree angle, adjust your office chair height either up or down.

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Qualifications

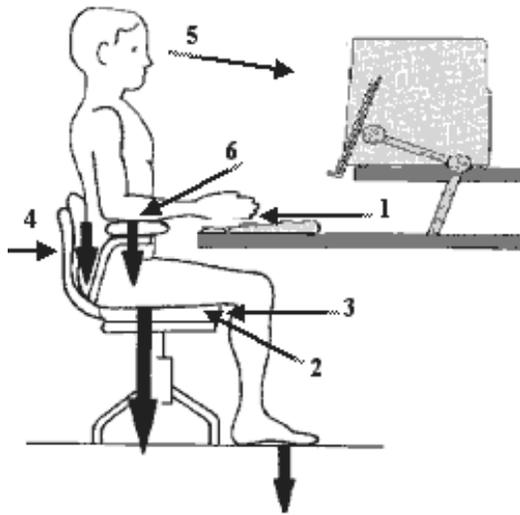
Graduated From: Palmer College of Chiropractic

Years in Practice: 7

Treatments

- Chiropractic adjustment
- Chiropractic care
- Electronic Muscle Stimulation
- Extremity manipulation
- Manual Spinal Decompression
- Mechanical Traction
- Rehabilitation exercises
- Spinal manipulation
- Stretching

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2) Thigh measure

Check that you can easily slide your fingers under your thigh at the leading edge of the office chair. If it is too tight, you need to prop your feet up with an adjustable footrest. If you are unusually tall and there is more than a finger width between your thigh and the chair, you need to raise the desk or work surface so that you can raise the height of your office chair.

Read more on how to help make sure that your office chair and work area are as comfortable as possible: <http://www.spine-health.com/wellness/ergonomics/office-chair-how-reduce-back-pain>

TEN TIPS FOR IMPROVING POSTURE AND ERGONOMICS

Over time, poor posture may be caused by habits from everyday activities such as sitting in office chairs, looking at the computer, driving, standing for long periods of time, or even sleeping. Poor posture can easily become second nature, causing or aggravating episodes of back pain and damaging spinal structures. Fortunately, the main factors affecting posture and ergonomics are completely within

one's ability to control and are not difficult to change.

The following guidelines suggest several ways to improve posture and ergonomics, especially for people who work sitting in an office chair for most of the day.

- Get up and move. As muscles tire, slouching, slumping, and other poor postures become more likely; this in turn puts extra pressure on the neck and back. In order to maintain a relaxed yet supported posture, change positions frequently. One way is to take a break from sitting in an office chair every half hour for two minutes in order to stretch, stand, or walk.

Click here to learn about other ways to improve posture and ergonomics: <http://www.spine-health.com/wellness/ergonomics/tips-improving-posture-and-ergonomics>

SPECIAL OFFER: <http://www.lexfamilychiro.com/>

**Contact Dr. Gallentine
to learn more or schedule an appointment
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<http://www.spine-health.com/doctor/chiropractor/heath-gallentine-lexington-ky>