

A guide to best desk practice.



Although there are many different causes of back pain, poor posture while working at a desk can be an influential factor.

The pace of working life means that we don't always stop and think about the damage we cause when sitting at a desk inappropriately while attending to the phone or typing on the computer.

This leaflet aims to highlight the do's and don'ts when it comes to sitting at a desk. .

Fact:

Did you know that back pain is the single most common medical complaint in the UK? It is said that 7 out of 10 people will experience back trouble during their life.

Don'ts!

- Don't cradle the phone between your neck and shoulder!

This can increase the risk of nerve compression in the neck and shoulder area. The compressed nerve will cause pain in the neck, shoulder, arm and hand.

- Avoid slouching to one side or sitting with your legs crossed.

This puts your spine and pelvis in an unbalanced position placing unnecessary strain on your body.

- Don't let your computer mouse stray across the desk.

It is important to keep your computer mouse to the side of the keyboard to avoid having to stretch to reach it. The stretching may cause tension in the shoulder.

- Don't leave bags under the desk. This can obstruct the correct positioning of your feet.
- Don't wear clothing that is too tight.

This can restrict the blood flow around your body and encourage you to slouch.

- Don't clutter your desk with unnecessary paper, pens or diary.

Keeping your desk tidy will avoid stretching and straining the body.

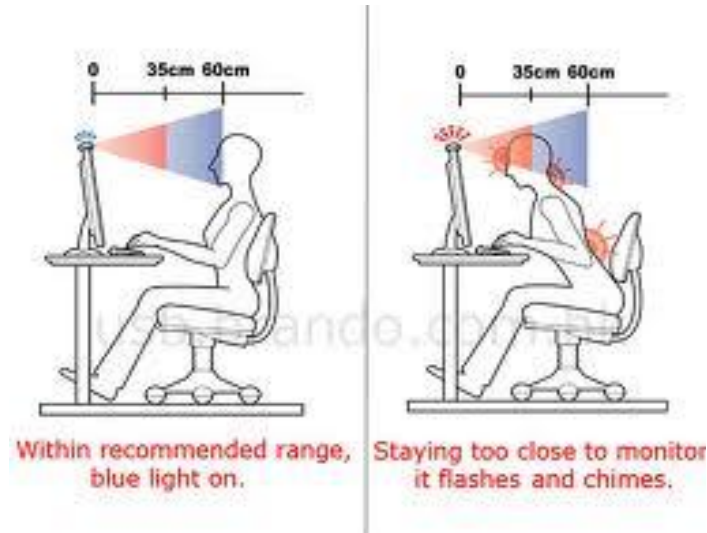
- Avoid sitting in the same position for more than 30 minutes.

Take regular walks around the office to get the blood flowing around the body.



Do's!

- Sit well back in your seat allowing the chair to support your back.
- Ensure that you have equal weight on both sitting bones.
- Ensure that your chair is close to your desk and at the right height to allow your elbows to rest comfortably on your desk at right angles.
- Ensure your feet touch the floor or a foot rest.
- Your knees should be slightly lower than your hips. To do this angle your chair forward slightly.
- Your monitor should be directly in front of you, roughly arm's length away with the top of the monitor at eye level.
- If you need to talk and type simultaneously it is best to request a head set to use hands free function on the telephone.
- Build in regular exercise whenever you can. It is good to take the stairs instead of the lift.



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McTimoney chiropractic has helped thousands of people for over 50 years and around 150,000 new patients consult a McTimoney Chiropractor each year. Over 8000 people are cared for by McTimoney Chiropractors each working day.

Any further questions?

Please feel free to call us.....

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