

YOUR GUIDE TO GOOD ERGONOMICS & MINIMISING POOR POSTURE AT WORK

ARE YOU EXPERIENCING NECK, SHOULDER, BACK PAIN WHILE AT WORK?

Poor posture & ergonomics, stress and not moving enough at work leads to discomfort, repetitive stress injuries and pain which lead to difficulty concentrating and reduced productivity.

HEADACHES:

Poor posture, eye strain, and muscle tension in the neck contribute to tension headaches and migraines.

EYE STRAINS:

Prolonged screen time causes digital eye strain, leading to dryness, fatigue, and headaches.

WRIST & HAND:

Repetitive typing and mouse use can lead to carpal tunnel syndrome or tendonitis.

HIPS:

Sitting tightens hip flexors and weakens gluteal muscles, leading to stiffness & discomfort.

SCIATICA:

Sitting for long periods can compress the sciatic nerve, causing pain, numbness, or tingling in the lower back, hips, and legs.

NECK AND SHOULDER:

Forward head posture and hunching over a screen cause muscle strain, tension in neck & shoulder issues

UPPER BACK:

Slouching reduces spinal mobility and strains the thoracic spine.

LOWER BACK:

Prolonged sitting weakens core muscles and increases pressure on the lumbar spine.



HOW YOU CAN BEST MANAGE & PREVENT ACHES & PAINS WHILE AT WORK

Backrest

- Reclined slightly (100-110°)
- Spine neutral and resting
- Good lower back support
- Supports entire back

Armrest

- Elbows resting at a 90° when typing
- If no armrest, support your elbows on the desk

Chair Height

- Allows for feet to be supported
- Elbows at desk height
- Thighs completely supported on chair

Desk Set-up

- Content in 90° from centre of body
- Frequently used items placement in 'inner zone': eg. phone, calculator, notepad, keyboard, mouse

Feet

- Flat on the floor or supported on a footrest
- Enough space for feet to move freely

Monitor(s)

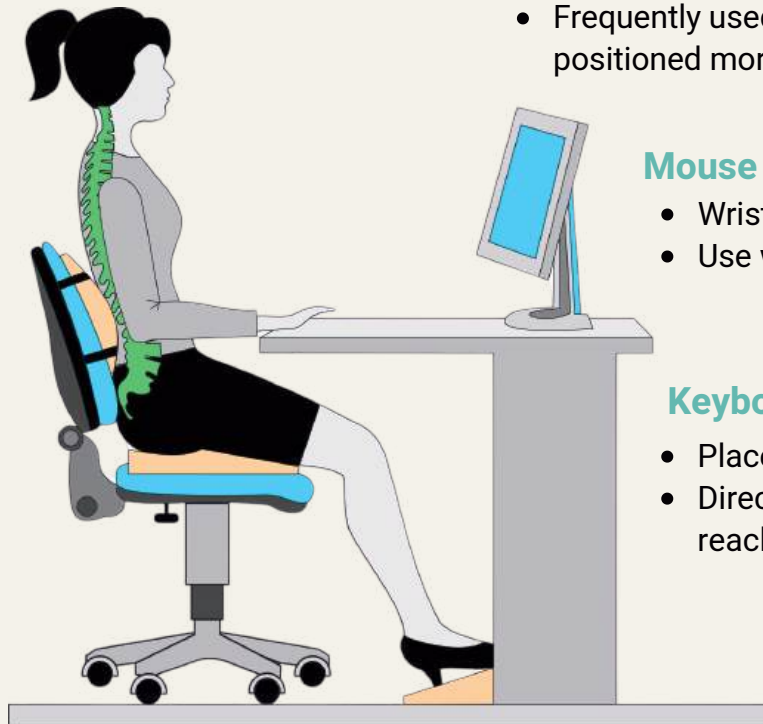
- Top of screen at eye level
- Frequently used monitor/screen positioned more to the centre

Mouse

- Wrists in neutral
- Use wrist pad if needed

Keyboard

- Placemnt in 'inner zone'
- Directly in front, not over-reaching



*Please use these suggestions & exercise program via the QR code as a general guide.



To organise a personalised ergonomic assessment, reach us via info@therapia.com.au

Scan the QR code to access **helpful exercises & videos** for managing work-related aches & pains!

<https://au.physiapp.com/easylink/qxjjwqqe>

Scan the QR code for Physiotherapy, Massage or Clinical Pilates.



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