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Colorado Chiropractic Association
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SIT UP STRAIGHT!

MAY IS CORRECT POSTURE MONTH

If you're not careful, slouching at a desk all day tapping away at a computer keyboard can lead to painful strains in your wrists, shoulders, elbows and back. Turn over a new leaf during May - Correct Posture Month - and follow some simple advice that will make your work day a lot more enjoyable and less painful throughout the year.

OUCH! I'M WORKING

Today, it is not only the construction jobs or the jobs that require a great deal of bending and lifting that cause on-the-job-injuries.

Working at a computer all day can be equally stressful on a person's wrists, shoulders, neck and spine, resulting in some really painful workplace injuries.

Repetitive motion injuries (RMI), like carpal tunnel syndrome, have become increasingly prevalent in recent years, as more and more people spend long hours

virtually immobilized in front of a computer screen. According to recent estimates, more than 75 million Americans spend some time using a computer every day - for work and for play. Many office workers, including corporate executives, need to use a computer to complete their daily tasks. When the work day is over, many people continue to add stress to their bodies by "surfing the net" on their own PCs.

Carpal tunnel syndrome alone affects approximately 230,000 people every year and accounts for nearly

half of all workplace illness, costing the country nearly \$800 million for benefits and rehabilitation.

Carpal tunnel syndrome isn't the only problem. Two recent studies of insurance claims show that the combined cost of cumulative trauma disorders, such as RMI and low back pain, is over \$11.5 billion annually. Other injuries include

postural and spinal stress and tendinitis - conditions that can affect a person's work - and make life painful as well.

WATCH THOSE ANGLES

To reduce the possibility of suffering one of these painful and possibly disabling injuries, make these changes to your work place:



Make sure your chair fits correctly.

There should be 2 inches between the front edge of the seat and the back of your knees. Ideally, the chair should tilt back so you can rest while you're reading what's on the screen.

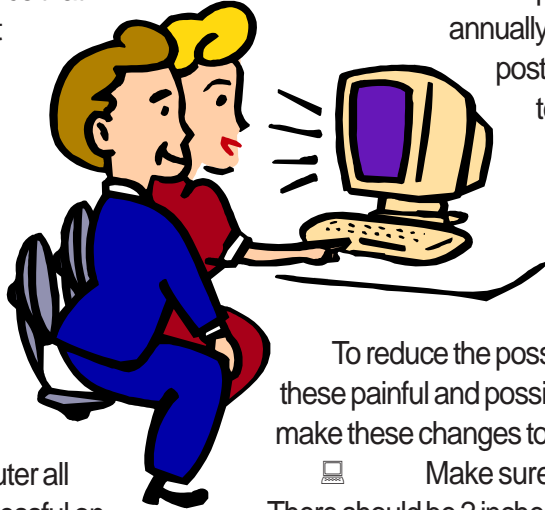


Sit with your knees at approximately a 90- to 120-degree angle. Using an angled foot rest to support your feet may help you sit more comfortably. Position your computer monitor so that the top of the screen is at or below eye level.



Make sure you have adequate lighting, and that there is no glare on your monitor screen. Use an antiglare screen as necessary.

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☞ Keep your wrists in the neutral position while you type, not angled up or down. A wrist rest can help you to keep a more neutral wrist posture.

☞ Keep your elbow angle within a 70-degree to 135-degree range as you type.

☞ Take periodic stretch breaks. Clench your hands in a fist and move your hands like this: 10 circles in, then 10 circles out.

☞ Put your hands in a praying position and squeeze for 10 seconds, then "pray" with the backs of your hands together, fingers pointed downward for 10 seconds. Spread your fingers apart and then close them one by one.

☞ Do the "hug your best friend" stretch a couple of times. Stand and wrap your arms around your body, and turn as far as you can to the left, then the right.

WORK WITH CHIROPRACTIC!

If you continue to suffer from job-related strain injuries after following these tips, consider a visit to a doctor of chiropractic. Doctors of chiropractic are trained to alleviate such problems and promote a natural healing process of the body to help you avoid further injury.



WORKPLACE FUN

Things To Say If You Get Caught Sleeping At Your Desk



They told me at the blood bank this might happen.

This is just a 15 minute power-nap like they raved about in that time management course you sent me to.

Whew! Guess I left the top off the White-Out. You probably got here just in time!

I wasn't sleeping! I was meditating on the mission statement and envisioning a new paradigm."

I was doing a highly specific Yoga exercise to relieve work-related stress. Are you discriminatory toward people who practice Yoga?

Oh, no! Why did you interrupt me? I had almost figured out a solution to our biggest problem.

The coffee machine is broken.

Someone must have put decaf in the wrong pot.

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