

# Do you work in an office all day?

## Complaining of back and neck pain after long periods of sitting?

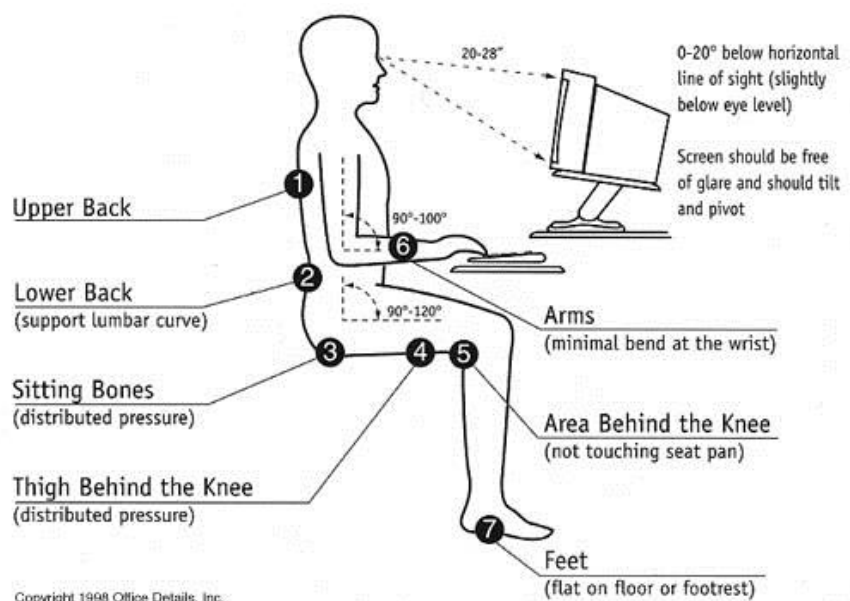
### Why?

- Most likely cause is that your computer and chair set up is incorrect
- A poor quality chair that does not allow good spinal posture can lead to persistent back pain
- A computer screen and keyboard that are not appropriately positioned on your desk can lead to persistent neck and shoulder issues
- Not getting up regularly to stretch and move!



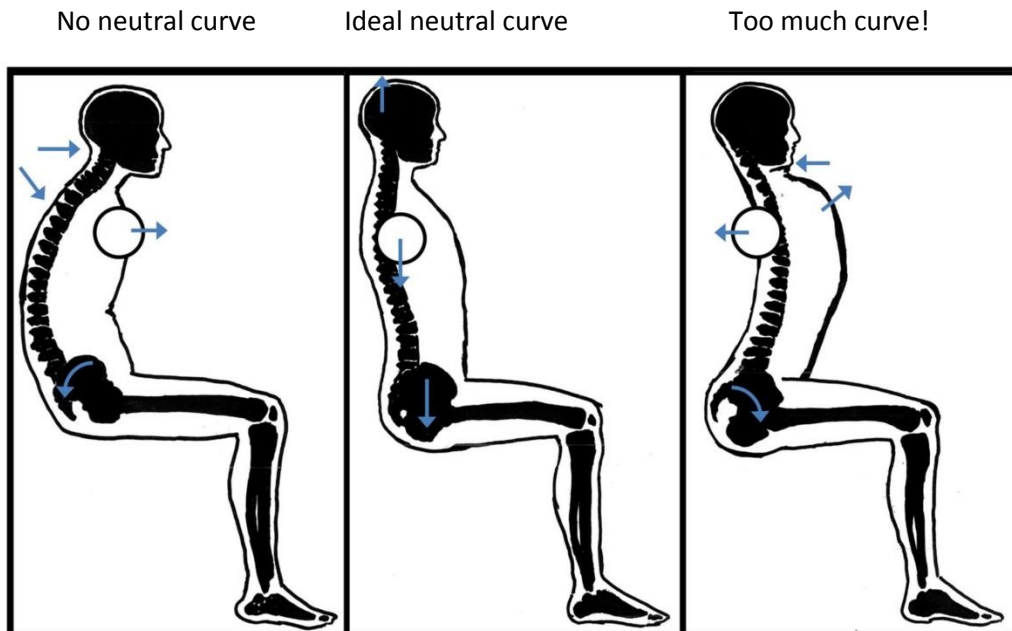
### What's the correct way to setup your chair and desk?

- The top of your screen should be in-line with your eye level or slightly below.
- Elbows should be at 90° with your forearms resting on the desk.
- Keyboard should be flat so that your wrists are in a neutral position
- Hips should be at 90° so that they are in-line with the knees or even slightly higher.
- Feet should be flat on the floor and not hanging from the chair



## How do I know if my chair setup is correct?

- Good spinal posture is usually dependent on whether you are sitting with a neutral lumbar spine
- A neutral lumbar spine refers to the 'slight inward curve' of your low back (see picture below)



- Sitting with a neutral lumbar spine evenly distributes weight through the intervertebral discs and reduces the stress on the passive structures (i.e. ligaments)

It is often quite difficult to maintain a neutral spine without adequate lumbar support!  
Especially if you are sitting for 10-12 hours per day!

**Good lumbar support will facilitate a neutral spine**

**Put a lumbar support roll behind your low back**



## Physiotherapy treatment

Dry needling and massage can help relieve muscle tightness and soreness.

### 1. Massage



### 2. Dry needling

