

# HAVE YOUR OWN BACK

Working from home the ergonomic way



Working remotely has changed routines – no more conference room meetings, quick coffee runs, or visits to your coworkers' workspaces. But your new day-to-day has also likely changed the way you sit, affecting your body and causing unnecessary pain. Here are some tips to help make your at-home workspace an ergonomic one.

- Don't spend the whole day sitting in front of your computer. **Move around every 20 to 30 minutes** instead of sitting or standing in one spot for long periods of time.



According to Providence physical therapist [Julie Larson](#), remote workers are often sitting for 3 to 4 hours or more without getting up since there are less distractions than in an office.

- The height of your workspace should **line up with your elbows** when you are seated. This alignment helps prevent carpal tunnel.
- Use an office chair if you can – the adjustable settings can help your back and keep you sitting up straight. It's tempting to sit on the couch or bed, but **a chair can help prevent backache.**
- Your computer screen should be at about **eye level** – this keeps you from straining your neck to see it.
- Working on a laptop? Use an **external mouse!** It allows you to move your hand and arm more than using the trackpad.
- Before or after work, **practice bridge yoga poses** to strengthen your lower back.
- Practice head and neck exercises to **strengthen and stretch your muscles.** You can do these at your desk!
- **Follow the 20/20/20 rule** – after every 20 minutes of looking at your screen, take 20 seconds to look at something 20 feet away. This gives your eyes a break and reduces eye strain.

Click [HERE](#) for some yoga moves you can do – in your desk chair!

## And don't forget about your posture...

Your posture can affect how your musculoskeletal system feels. Do you regularly experience low energy, back pain, or headaches? These can be indicators of bad posture. Good posture is accomplished by having a neutral spine. To do this, the muscles surrounding the spine should be balanced and supporting the body in equal measure.

Possible indicators of bad posture include:

- Lower back pain
- Shoulder and neck tension
- Fatigue or low energy
- Headaches



Improving posture can help relieve these symptoms and bring a myriad of healthy benefits such as improved core strength, decreased wearing down of joints, increased lung capacity, reduced TMJ pain, and the appearance of taller height. Additionally, good posture can improve digestion and circulation and create better body form during workouts. Feeling healthier and happier from having good posture can even boost your self-confidence.

