



Back health is Important and should not be ignored – tips to being healthy at the office.

Whether you have a nagging back pain, strained muscles, or just want to live longer, if you sit at a desk for long periods of time, you should take care of your back. Here are some tips to achieve some level of comfort and better back pain management, and therefore better health.

First - You should make regular visits to your chiropractor and massage therapist. Link to science study: [Click here](#).

<https://www.sciencebasedmedicine.org/top-10-chiropractic-studies-of-2013/> I now use my chiropractor on a monthly basis to maintain consistent back health. It helps all other exercises and practices perform even better.

Massage has a number of therapeutic benefits in addition to general stress relief. A good massage will help increase endorphins—the body's natural painkiller—in your bloodstream, which in turn may allow you cut back on pain medications. Massage can also encourage blood flow, which in turn brings healing nutrients to the affected area and can speed healing. [Click here](#). <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/massage/art-20045743>

Want to live longer? [10 best habits](#). <http://www.medicaldaily.com/new-science-old-age-10-ways-live-longer-332026>

Second - A comfortable work space is important for you to feel your best. You may need to make over your work space for optimal performance. Stand up desks are all the rage. [CNN Article](#): <http://www.cnn.com/2015/08/06/health/how-to-move-more/>. Google “stand up desk for ideas” or [click here](#).

- a. If you sit behind a desk for hours at a time, you're not doomed to neck and back pain or sore wrists and fingers. Proper office ergonomics — including correct chair height, adequate

equipment spacing and good desk posture — can help you and your joints stay comfortable at work.

Correct Sitting Posture for Computer



- b. Chair - Choose a chair that supports your spinal curves. Adjust the height of your chair so that you are sitting in your chair with your knees parallel or slightly higher than your hips with your back straight and buttocks touching the back of your chair. Your feet should rest flat on the floor with your weight evenly distributed. Adjust armrests so your arms gently rest on them with your shoulders relaxed.
- c. Keep key objects — such as your telephone, stapler or printed materials — close to your body to minimize reaching. Stand up to reach anything that can't be comfortably reached while sitting.
- d. Keyboard and mouse - Place your mouse within easy reach and on the same surface as your keyboard. While typing or using your mouse, keep your wrists straight, your upper arms close to your body, and your hands at or slightly below the level of your elbows. Use keyboard shortcuts to reduce extended mouse use.
- e. Telephone - If you frequently talk on the phone and type or write at the same time, place your phone on speaker or use a

headset rather than cradling the phone between your head and neck.

- f. Footrest - If your chair is too high for you to rest your feet flat on the floor — or the height of your desk requires you to raise the height of your chair — use a footrest. If a footrest is not available, try using a small stool or a stack of sturdy books instead.
- g. Desk - Under the desk, make sure there's clearance for your knees, thighs and feet. If the desk is too low and can't be adjusted, place sturdy boards or blocks under the desk legs. If the desk is too high and can't be adjusted, raise your chair. Use a footrest to support your feet as needed. If your desk has a hard edge, pad the edge or use a wrist rest. Don't store items under your desk.
- h. Monitor - Place the monitor directly in front of you, about an arm's length away. The top of the screen should be at or slightly below eye level. The monitor should be directly behind your keyboard. If you wear bifocals, lower the monitor an additional 1 to 2 inches for more comfortable viewing. Place your monitor so that the brightest light source is to the side.

Third - Perform periodic “posture checks” regularly to ensure that you maintain a good posture position. The Cleveland Clinic recommends sitting in the same position for no more than 30 minutes at a time. You may wish to set a 30-minute reminder, stand and stretch or adjust your position to maintain good posture.

Take breaks. [Better health](#) and better employee production.

<http://www.youthhealthmag.com/articles/23680/20150921/taking-breaks-at-work-makes-you-a-better-employee.htm>

TIPS FOR BEING BACK HEALTH *OUTSIDE* THE WORKPLACE AND IN GENERAL.

Fourth - Exercise your core to strengthen abs and back muscles.

Your core muscles—your lower back and abdominal muscles—need to be strong and supple in order to support your spine and take pressure off your lower back. Unfortunately, for most of us our core muscles are rarely

Fifth - Let your spine really rest while sleeping. While you're lying down, all the structures in your spine that have worked hard all day finally have an opportunity to relax and be rejuvenated. Sleep with a pillow placed underneath your head and a rolled-up towel or lumbar pillow under your knees to maintain proper spinal alignment when sleeping on your back. If you are a side sleeper, place a pillow between your knees.

Sixth - Your shoes need to support your spine. The shoes you wear play an important role in supporting your lower back. Good shoes provide a supportive base that helps the spine and body remain in alignment. For example, make sure the area of the shoe that fits the back of your heels is snug, but not overly tight, as a good fit in the heel prevents over pronation or supination—or too much rolling of the foot to the outside or inside. Consider using orthotics. Find your nearest foot mapping spot.

[Click link.](#)

Seventh - Get more exercise period. If your back is hurting, you may think the best way to get relief is to limit exercise and to rest. A day or two of rest may help, but more than that may not help the pain. Experts now know that regular physical activity can help ease inflammation and muscle tension.

Eighth - Watch your weight. Extra pounds, especially in your midsection, can make back pain worse by shifting your center of gravity and putting strain on your lower back. Staying within 10 pounds of your ideal weight may help control back pain.

Ninth - If you smoke, stop. Smoking restricts the flow of nutrient-containing blood to spinal discs, so smokers are especially vulnerable to back pain.

Tenth - Avoid high heels. They can shift your center of gravity and strain your lower back. Stick to a one-inch heel. If you have to go higher, bring along a pair of low-heeled shoes and slip into them if you become uncomfortable.

Eleventh - Pick the right handbag or briefcase. Buy a bag or briefcase with a wide, adjustable strap that's long enough to reach over your head. A messenger bag (like the ones bike messengers wear) is made to wear this way. Having the strap on the opposite shoulder of the bag distributes the weight more evenly and helps keep your shoulders even and your back pain-free. When carrying a heavy bag or case without straps, switch hands frequently to avoid putting all the stress on one side of the body.

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