

Guide to **Office Health**



exeter*physio*

Sports, spinal and rehabilitation clinic
Chartered Physiotherapists

www.exeterphysio.co.uk

Seeing us will make the difference!

Many people suffer from work related disorders (WRD's). Symptoms can vary from very mild aches and stiffness to severe pain. This process often progresses gradually and is unnoticed until it is too late!

Treating clients with such complaints on a daily basis, we have developed a simple preventative regime and when followed regularly aims to reduce the risk of pain and increase flexibility, leading to greater comfort and productivity.

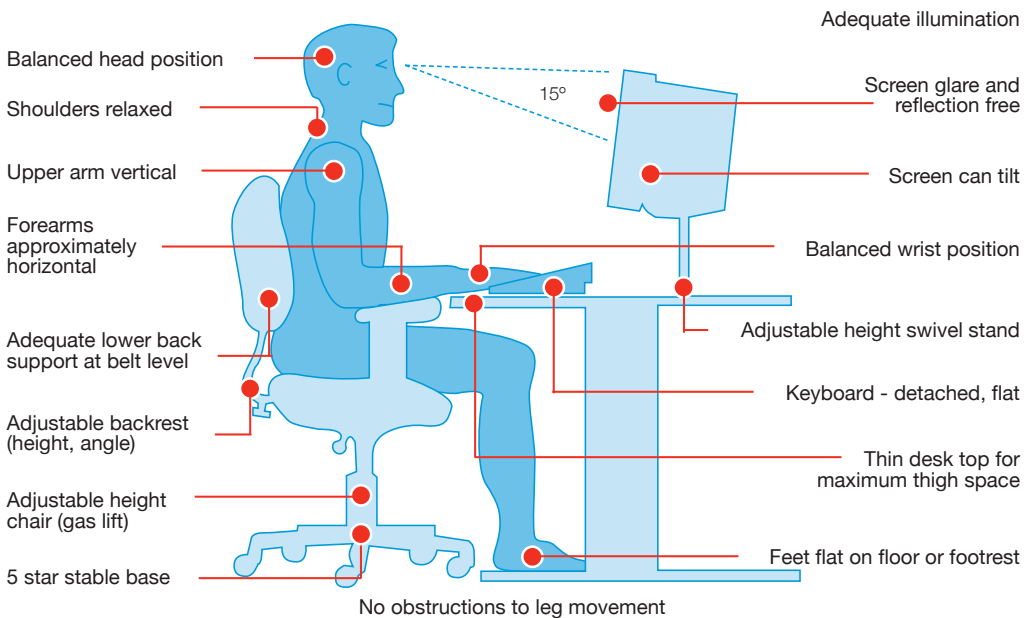


8 points to follow


- Don't sit in the same position for long periods. Make sure you change your posture as often as practicable, avoid repeat stretching movements.
- Adjust your chair and VDU to find the most comfortable position for your work.
- Make sure there is enough space underneath your workstation to move your legs freely. Move any obstacles. Avoid excess pressure on the backs of your legs and knees.
- Don't bend your hands up at the wrist when keying. Keep a soft touch on the keys and don't overstretch your fingers.
- Relax your shoulders!
- Adjust your body position every 15mins.
- Every 3 minutes take a 3 second break.
- Every hour get up and perform Exeter Physio Micro Breaks.

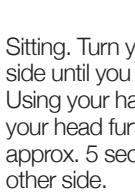
Workstation adjustment and efficient working posture

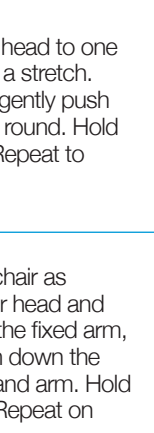
Slouching, leaning and bending in a chair can lead to discomfort and long term pain. Use this quick setup sheet to aid a comfortable environment.



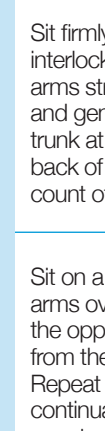
Workstation Workout: Micro Breaks

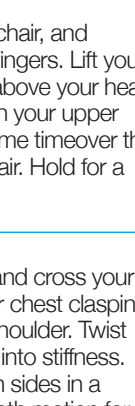
1  Sitting straight-backed. Pull your chin in, keeping your neck and back straight (do not tilt your head forwards or backwards). Hold at the end position for a count of 5 and feel the stretch in the back of your neck.

2  Sitting. Turn your head to one side until you feel a stretch. Using your hand gently push your head further round. Hold approx. 5 secs. Repeat to other side.

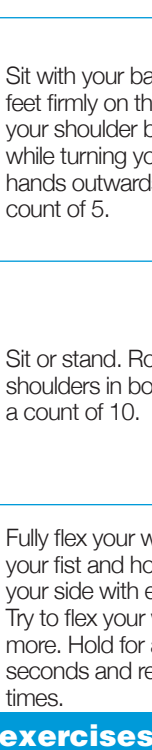
3  Sitting on the chair as shown. Lean your head and trunk away from the fixed arm, feel gentle stretch down the side of the neck and arm. Hold for a count of 5. Repeat on both sides.


4  Sit with your back straight and feet firmly on the floor. Pull your shoulder blades together while turning your thumbs and hands outwards. Hold for a count of 5.

5  Sit or stand. Roll your shoulders in both directions for a count of 10.

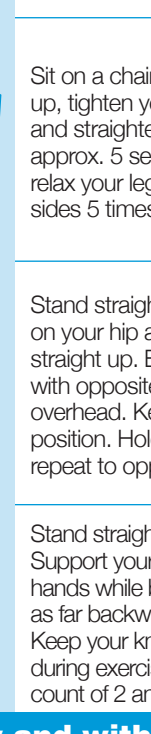
6  Fully flex your wrist, clench your fist and hold arm out to your side with elbow straight. Try to flex your wrist even more. Hold for a couple of seconds and repeat 5-10 times.

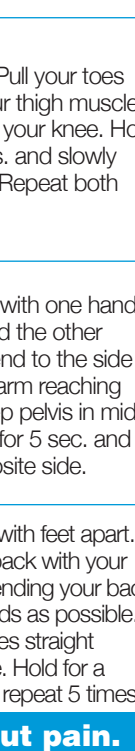
7  Hold the fingers of the hand to be stretched, and reach out in front of you. Gently extend the wrist until you feel the stretching at the inside of the forearm. Keep elbow straight and stretch for a few seconds, repeat 5-10 times on both hands.

8  Sit firmly on a chair, and interlock your fingers. Lift your arms straight above your head and gently arch your upper trunk at the same time over the back of the chair. Hold for a count of 10.

9  Sit on a chair and cross your arms over your chest clasp the opposite shoulder. Twist from the waist into stiffness. Repeat to both sides in a continual smooth motion for a count of 10.

10  Sit on a chair. Pull your toes up, tighten your thigh muscle and straighten your knee. Hold approx. 5 secs. and slowly relax your leg. Repeat both sides 5 times.

11  Stand straight with one hand on your hip and the other straight up. Bend to the side with opposite arm reaching overhead. Keep pelvis in mid-position. Hold for 5 sec. and repeat to opposite side.

12  Stand straight with feet apart. Support your back with your hands while bending your back as far backwards as possible. Keep your knees straight during exercise. Hold for a count of 2 and repeat 5 times.

NB: These exercises should be done slowly and without pain.



The Clinic

Exeter Physio, sports and spinal clinic was established in 1979. We are the largest leading independent private clinic in the region. We reach the highest standards set by our professional bodies and deliver the finest treatment for your optimum recovery.

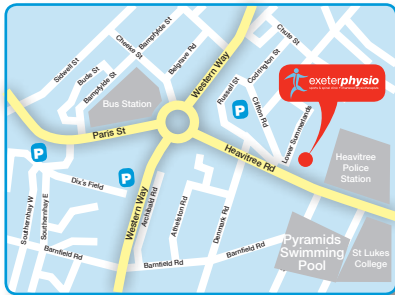
What do we do?

We are experts in assessing and treating many conditions such as back pain, sciatica, neck pain, RSI, shoulder, postural & occupational problems. We specialise in using different types of manual therapy (manipulation and mobilisations of joints and soft tissues), exercises, including Pilates and gym ball work, muscle imbalance/postural correction & electrotherapy. Our philosophy is to provide the highest standard of treatment when it is needed. We can guide you through your rehabilitation to full function, whether that is a return to work or full sporting activity, whatever your level. Our client base ranges from recreational & professional international sports people to

non-sporting everyday aches and pains, GP, consultant and work related occupational referrals. We will also be able to advise you on preventative regimes and lifestyle adjustments to minimise the risk of re-injury.

A word of advice

Whilst this guide aims to facilitate your optimal health whilst working in your office, adjustments may cause some people to experience a temporary mild increase in symptoms. Provided these guidelines are implemented progressively and consistently, increased symptoms should quickly settle. Should any increase in aches and pains persist, stop all exercises and call our clinic for further advice.



**Physiotherapy • Massage/Reflexology • Pilates • Chiropody/Podiatry
Neurological Rehabilitation • Orthotist/Custom Orthotics • Acupuncture
Exercise Science Consulting • Clinical Psychology • Ergonomics
Pre + Post-Operative Rehabilitation • Local Events**

For bookings call us on:

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