

Working from Home

Tips for Workstation Set-up and Posture

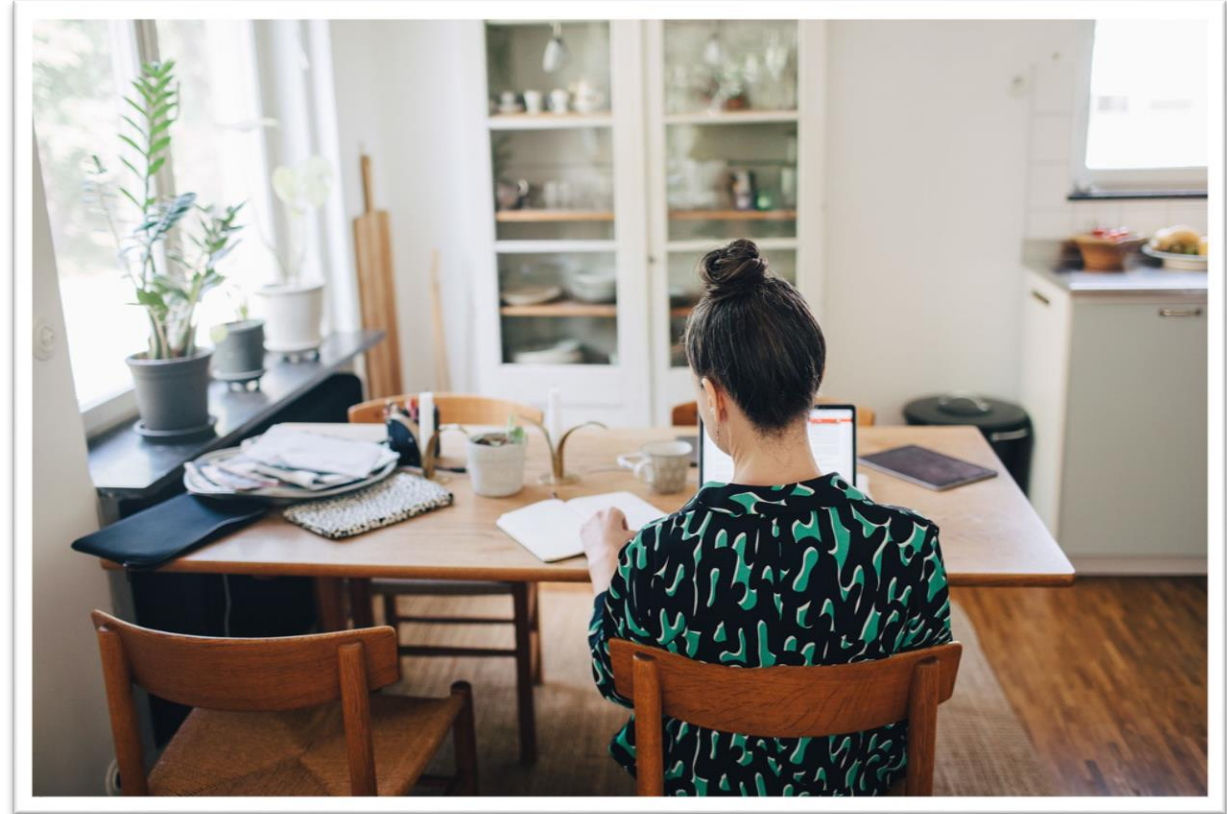


Workshop Content

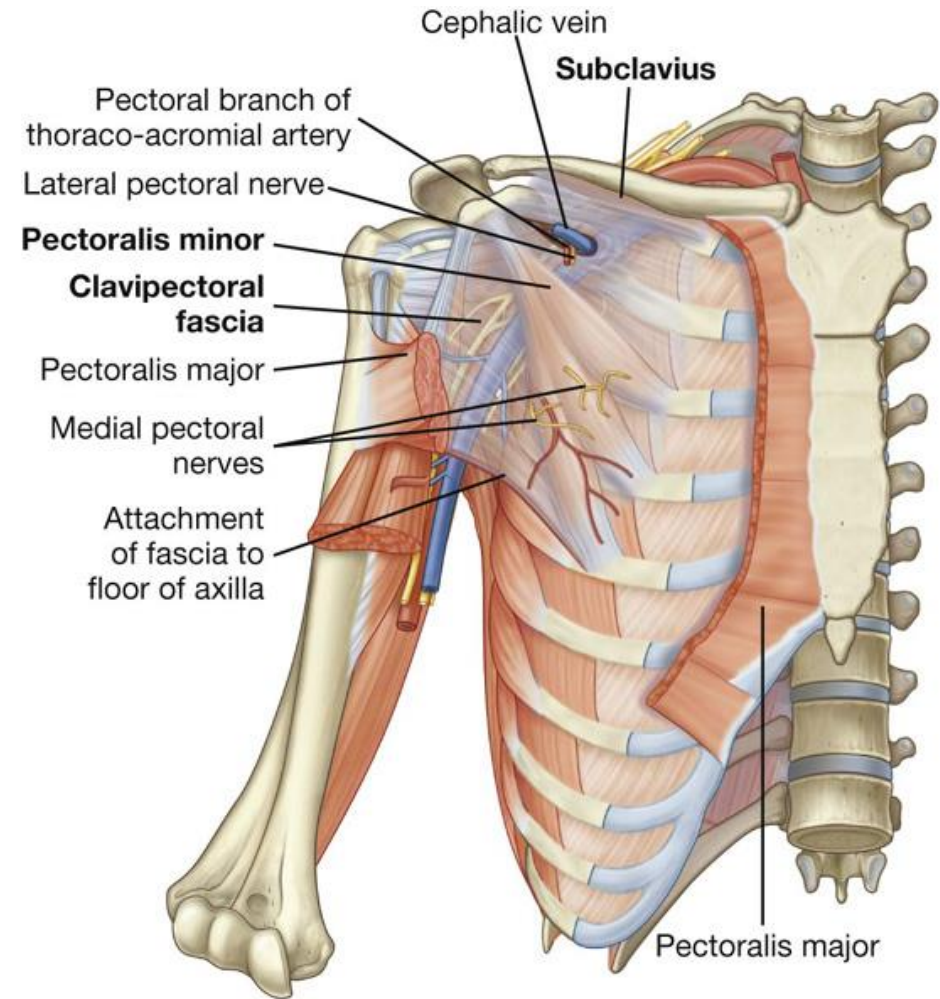
- What causes poor posture and muscle problems
- Modern screen working and its effect on the body (especially from Home)
- Tips to reduce neck and back pain
- Effective Exercises & setup ideas
- Creating a Personal Action plan

Positional Problems

How long? How often?



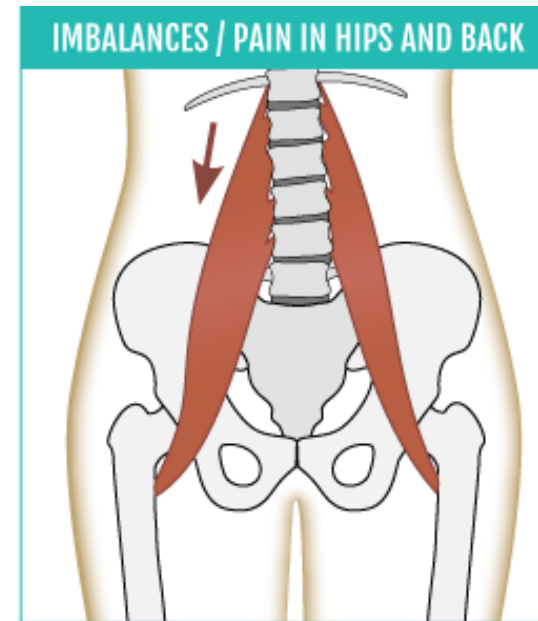
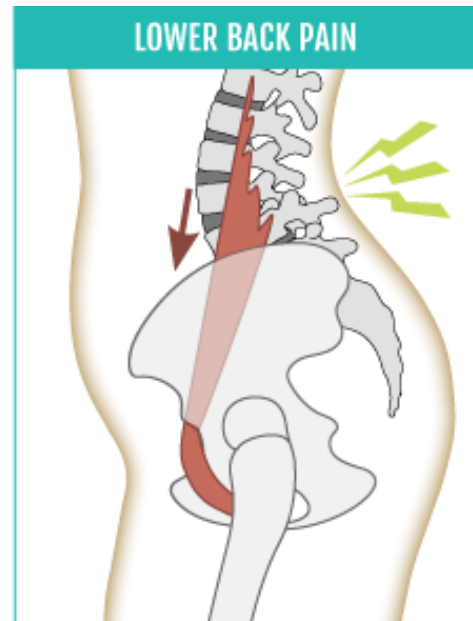
Muscle Adaptation



Muscle Adaptation



Tight hip flexors -
Can make the lower back feel compressed



PostureWorx

Making Improvements

Workstation

- Screen Height
- Separate Keyboard and Mouse
- Standing to work on laptops / tablets
- Change hands for mouse
- Learn touch type technique

Body

- Move more frequently
 - Screen breaks
 - Activate weak muscles
 - Loosen tight muscles
- } (The Postureworx 3)

Workstation

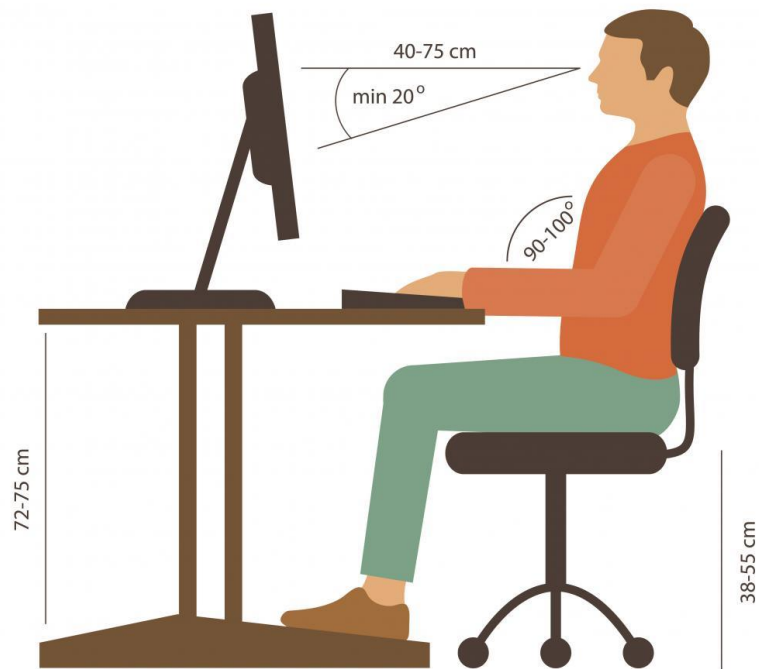
Consider:

- Screen Height
- Separate Keyboard and Mouse
- Standing on sideboard or higher ledge
- Change hands with mouse
- Touch type technique
- Chair options



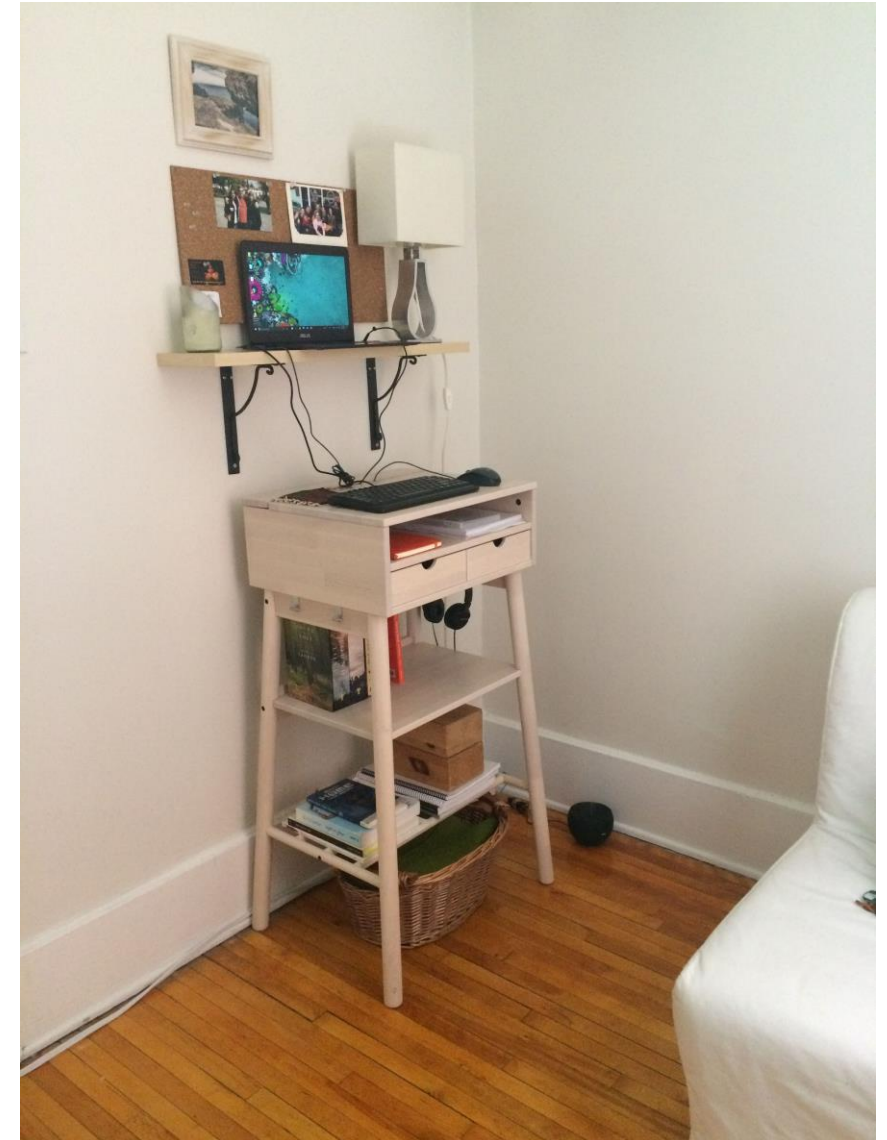
Workstation ideas

Making the most of you set up and chair



Workstation ideas

Aim to stand for zoom and teams meetings



Screen Breaks

Our eyes naturally need the chance to refocus. Short eye breaks are much better for your optical health as well as preventing eyestrain and headaches.



'Activity' Breaks

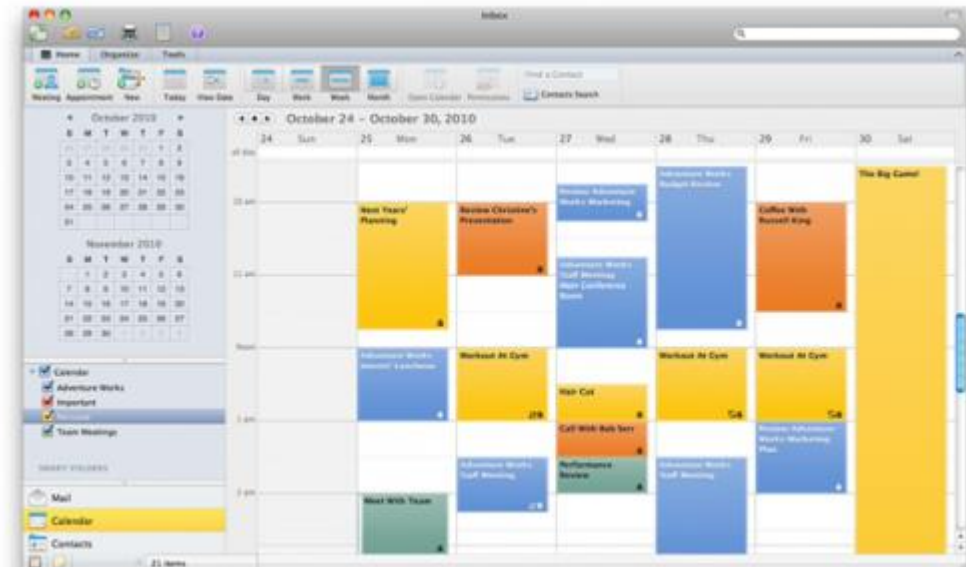
Work for 45 mins move for 15 mins

Could use free "Stand Up" App



Set it to remind you of exercises or to walk

Actually put 10mins 'activity' breaks into your schedule



The PostureWorx 3

3 exercises that loosen and activate areas associated with poor posture.

1

Breathing Re-set

- Loosens muscles around the upper chest and shoulders

2

Tuck and Squeeze

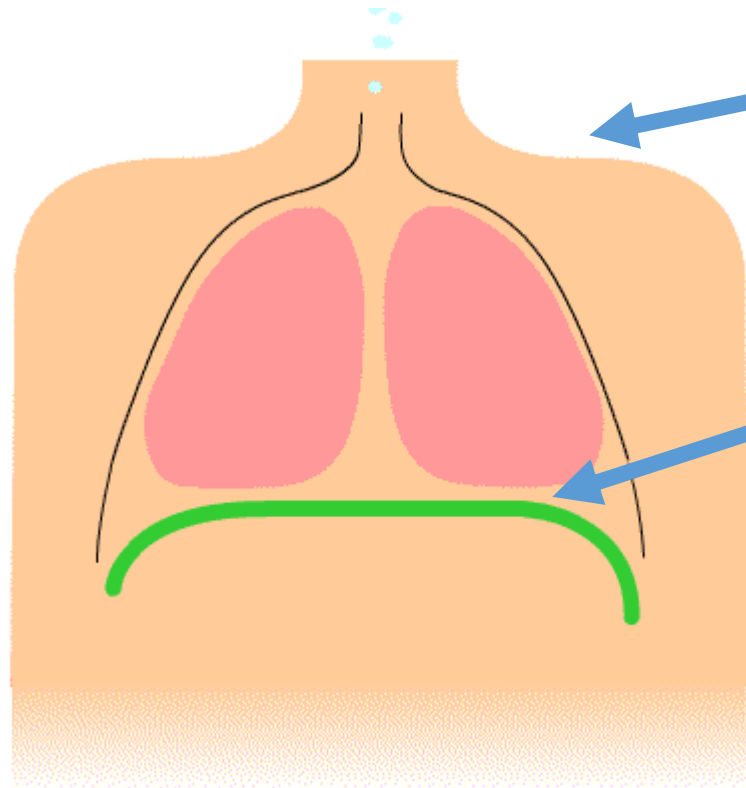
- Activates the postural muscles of the upper back

3

Standing Posture Stretch

- Stretches the tight areas of the hips and pecs

Tightness in neck and shoulders



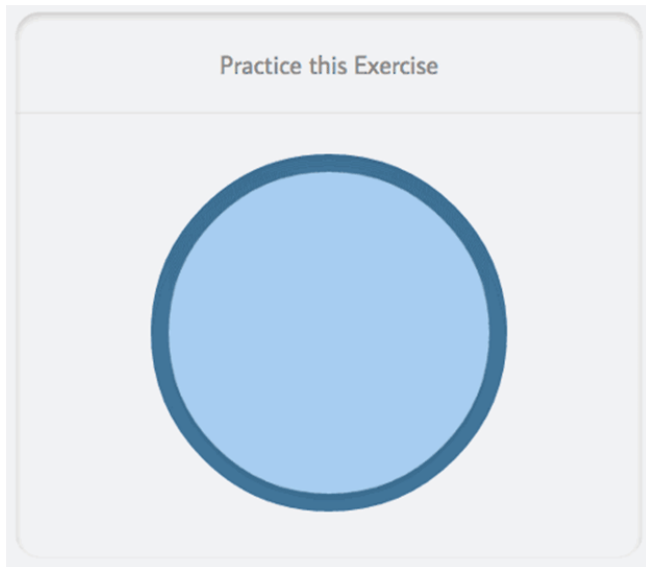
Muscles in the upper chest and neck become tight and overworked.

Having poor posture does not allow diaphragm to work correctly.



1. Breathing Re-set

Sitting on a slumped position doesn't allow the Diaphragm to perform well, muscles in the upper chest and front of the neck will try to take over and become very tight and painful.



1.



2.

Breathe through tummy,
so elbows lift forward.

2. Tuck and Squeeze



Sit tall and **tuck chin in**

Then **squeeze shoulder blades** back and down

Aim to hold for 3 seconds – repeat x 5

3. Standing Posture Stretch

Stand and take one leg back, lift the heel on the back leg.

Push hips forward and extend body up and back.

Look up towards the ceiling.

Hold for 5 seconds – Breathe and switch sides.

Repeat x 3



Action Plan

Pick at least one key 'take away' from each section aim to implement it today.

Eg

- Screen Height
- Separate Keyboard and Mouse
- Standing to work on laptops / tablets
- Change hands with mouse
- Learn Touch type technique
- Chair options
- Take a break every 45 mins
- Breathing Re-set
- Tuck and Squeeze
- Standing Posture Stretch
- 20-20-20 Rule



Thanks for being part of the workshop

Visit: www.postureworx.com

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