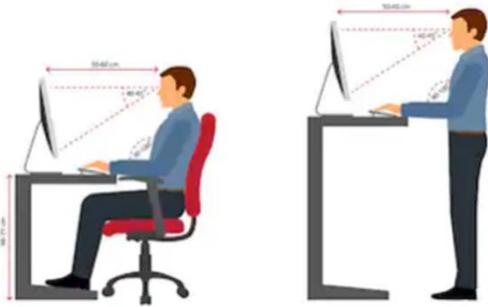


WORKING FROM HOME

It's a time of new habits for most of us, with non-essential workers working from home while our country is in Level 4 against COVID 19. For many of us, this means that we will be working on a computer on some less than ideal setups. This handout is to give you tips for setting up your home workspace in the best way, and to give some stretches for your neck and back to help keep those niggles at bay.



Tips for home setup:

- If using a monitor or screen that is not attached to your keyboard, setup your screen so that it is at eye height. If using a dining room table, books, boxes, etc. can be used to prop the screen up to eye level.
 - Your seat should be supportive and have your forearms resting on a surface as you type if possible. This helps you from holding up your arms all day, which overtime generally leads to

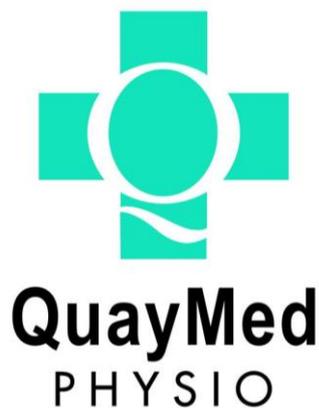
tightness and overuse in the upper traps causing neck pain.

- Feet supported. Sit in a chair with a back support with feet supported flat on the floor if possible.
- If using two screens, alternate which screen you use the majority of the day so that you are not always twisting to one side with your neck or torso.
- If you do not have a table available, try sitting on the chair/couch with your laptop propped up with pillows on your lap.
- Avoid working on your bed if at all possible.
- Move around every 30 min -1 hr. Stand up, do some stretches, or do a little walk around.

Starting to get some niggles in your neck or back? Here are some movements to try:

- Seated pelvic tilts. In sitting. Tip your pelvis backwards and forwards so that you are rocking over your sit bones. This can help mobilise your lower back so it doesn't get so stiff and tight.
- Seated figure 4 stretch. In sitting, cross one ankle over your opposite thigh to make a figure 4. Try to drop the knee of your top leg towards the floor. For more stretch, straighten your back and hinge forward. You should feel this in the hip of your top leg.
- Seated neck stretches.
 - o Stretch 1: In your chair, grab one side of the chair with one hand. Lean away from that hand until you feel a stretch and your shoulder is pulled towards the floor. Bend your neck away from the hand holding the chair. To change the stretch try moving your head in different positions. Sit and hold 30-60 seconds.
 - o Stretch 2: In your chair, turn your head to look down towards your right hip. With your right hand, grab over the top of your head and gently pull downwards towards your right hip. You should feel a gentle stretch along the back of your neck. Repeat on both sides.

- Upper back extension. In your chair or over the edge of a couch armchair, arch your upper back. If possible, do this with both hands behind your head and open your elbows wide as you stretch back.
- Doorway chest stretch. Stand next to a door frame and put your right arm up to your side like a goal post (shoulder at 90o and elbow at 90o, arm should be at shoulder height). Put right forearm against the doorframe. Walk or rotate your right side forwards, keeping the forearm against the door, until you feel a stretch in your chest. Hold 30-60 sec. You can also do this with your arm slightly below or above your shoulder height to change the stretch. Repeat on the other side.



If these stretches aren't quite enough to manage your pain or if you need some assistance, we are offering video consults throughout our self-isolation period. Get in touch with us and any of our physiotherapists would be happy to assist you in getting the best setup for your house and keeping those niggles at bay. Contact us at info@citymed.co.nz or call 09 377 5525 (option 2) to book a consultation.