

Advanced Remedial and Sports Massage Therapy

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Workstation “injuries”

Problems related to workstations are by far the most common complaint that I have to treat. Wrist, neck, shoulder and low back. Repetitive physical motions such as typing can cause serious illness, particularly Repetitive Stress Injuries (RSI). RSI are conditions, such as carpal tunnel syndrome, tendonitis, neck pain, and low back pain, generally caused by placing too much stress on the muscles, tendons and nerves in a particular joint or area by repetitive movements over time.

Resulting symptoms can include tightness, soreness or burning in the hands, wrists, fingers, forearms and elbows; tingling, coldness and numbness in the hands; decreased strength and co-ordination in the hands; pain that increases at night or with sleep; and feeling a need to massage hands, wrists and arms for relief; constant low back pain, stiff neck, sore shoulders.

Fortunately, these injuries are usually preventable with informed attention to posture and furniture selection and massage therapy. The following tips will help you maintain a comfortable and safe office working environment.

Top Tips for Better Computer Posture

1. Sit directly in front of the keyboard and computer screen.
2. Situate the monitor so it will be from 18 to 24 inches (460 to 610mms) from your eyes and you have to look slightly down to see it.
3. Make sure your legs fit beneath the desk with your feet flat on the floor. Use a foot rest if necessary.
4. Adjust the chair seat height so your hips are slightly higher than you knees are. Make sure your chair seat fully supports your thighs.
5. Use a work surface that allows your elbows to maintain about a 90 degree angle.
6. Sit upright, maintaining the natural curves of your back.
7. Make sure you have adequate lower back support.
8. Keep your shoulders relaxed don't slump forward.
9. Relax your wrists and keep them in a neutral position don't flex them up or down.
10. Keep your knees shoulder width apart or closer.
11. Take breaks. When doing extended computer work, take brief breaks to stretch and walk around every 30 minutes. Alternate between work activities that utilise different muscle groups. Give your eyes a break periodically by closing them momentarily, gazing at a distant object and blinking frequently. Another relaxing method is to cover your eyes completely with the palms of your hands and sit for a few minutes.
12. **Remedial Massage Therapy makes a huge difference.**

