



WHICH POSTURE ARE YOU?



In the Office

Our backs were not designed to spend long periods of time sitting at desks – a common feature of many work environments.

Spending six to eight hours a day in front of a computer can lead to shoulder, arm, hand and neck problems, as well as issues with balance and coordination.

One study has found that over 45% of office workers experience neck pain [7]. Back problems are big contributors to lost productivity in the workplace.

Low back pain is one of the most common causes of disability among people of working age, and its impact on industry is enormous. It's been reported that after headaches and colds, back pain is the third most common reason for taking time off work [8].

Specifically, the work-related physical activities that are believed to be related to the onset of low back symptoms include lifting heavy weights, bending and twisting, and, of course, working in the same position for extended periods [9].

Common Posture Problems

- Forward Head Posture
- Round Shoulders
- Rotated Hips

Taking Action

The good news is that postural issues can be corrected, and even in some instances reversed. [39, 40]

For information about posture problems, as well as some tips to address them, speak to your CAA Chiropractor, or visit www.whatsyourposture.com.au

*Find out more about **In the Office** at
www.whatsyourposture.com.au/office*