

Working from home...

To Stop Annoying, Daily, Debilitating

Musculoskeletal

Disorders

That are caused by bad posture, especially when working at a computer.



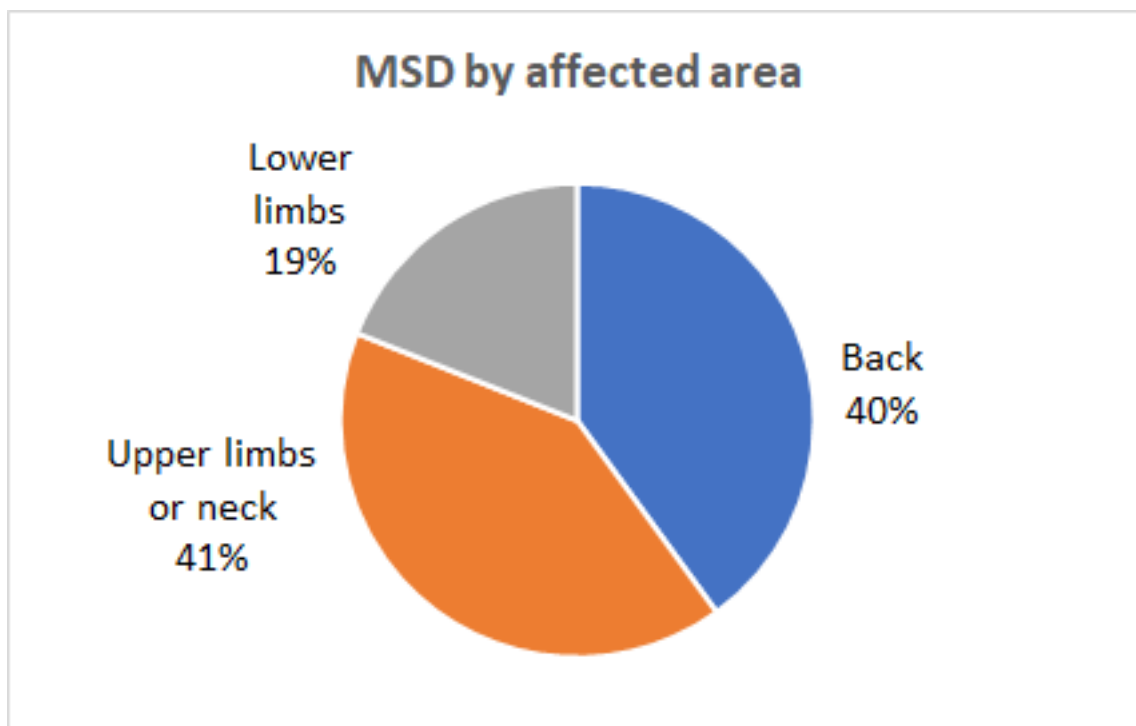
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Value £60

The facts about Musculoskeletal Disorders

The Health and Safety Executive (HSE) figures show that in Great Britain for 2018/19:

- An estimated **489,000** workers suffered from musculoskeletal disorders (MSD) caused or made worse by their current or past work
- This was 37% of all work-related illnesses.



- An estimated 6.9 million working days were lost through work-related musculoskeletal disorders that were caused or made worse by work.
- On average, each person suffering took an estimated 14 days off in 2018/19 due to MSD.

Risk factors causing Musculoskeletal Disorders

The HSE states that there are risk factors causing MSD in many types of work, so you should think about the risks of various tasks, depending on the work you do:

- bending, crouching or stooping
- lifting heavy or bulky loads
- pushing, pulling or dragging heavy loads
- stretching, twisting and reaching
- repetitive work, particularly using the same hand or arm action
- sustained or excessive force
- carrying out a task for a long time
- work with display screen equipment
- working with hand-held power tools for a long time
- driving heavy vehicles, long-distance driving or driving over rough ground

Or the risk factors can be to do with the work environment or organisation:

- poor working environment (including temperature and lighting)
- poor work organisation (including work pressure, job demands and lack of work breaks). Stress and other psychosocial factors can contribute to the risk of developing MSDs.

Or they can be to do with the workers themselves:

- a recent or existing injury or health condition may make them more vulnerable
- individual differences (some workers are more affected by certain risks)
- vulnerable groups, for example, young people, disabled workers, pregnant workers, those new to the job
- working beyond their capability
- working when physically tired



Working at a computer...

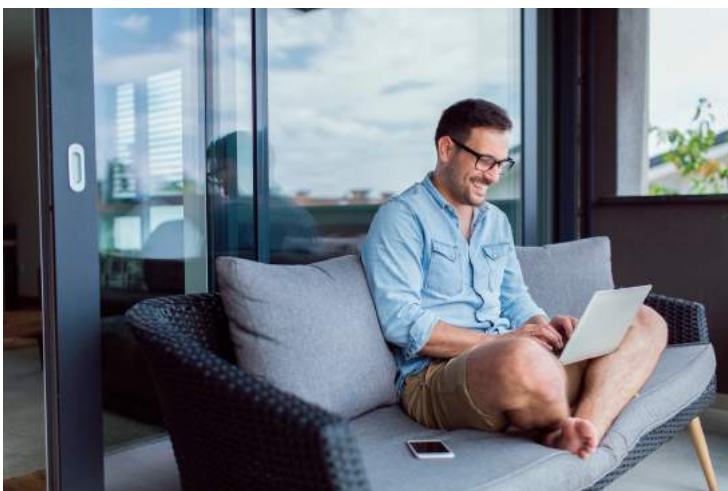
In this report, we are going to focus on decreasing the risk of MSD when working at a computer. As most of you are working from home at the moment, we are going to go through some hints and tips on how to set up a desk in the best way possible, even if you are at your dining or kitchen table.

Issues with poor seating position

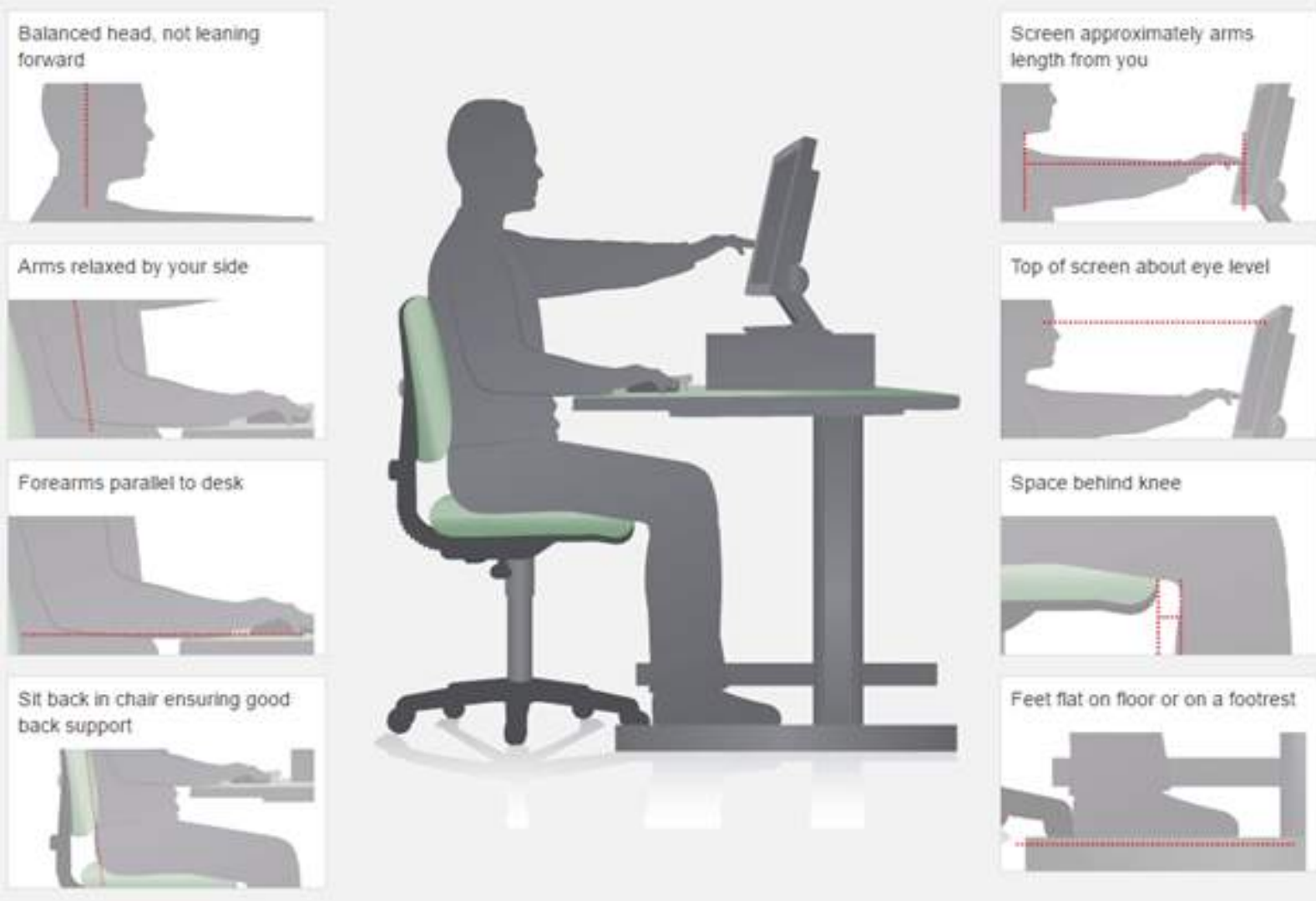
Poor positioning can cause a load of different issues, but typically neck, upper back and shoulder and low back issues are the most frequent issues we encounter, many of which we have noticed in the recent weeks and months as more of you have been working in unconventional office spaces!

Setting up your work station

It is essential that you work in a comfortable position to avoid MSD. As you will no doubt be working for some time in this position, make sure that you are at a table, with your feet touching the floor and your arms straight and level with the floor.



Setting up your work station...



Stretches and exercises

The following stretches and exercises are probably the simplest and easiest to do, and most can be done whilst sitting at the desk. For the full list of stretches and exercises that will make a real impact for your aches and pains, download the posture report and we will send through the exercises in video format over the next few days.

Simple exercises you can do at home for your neck pain:

- Neck retraction exercises
- Headrest exercises
- Resisted isometrics
- Seated neck stretches
- Seated low back exercises



Wrist exercises and stretches

Shoulder aches and pains:

- Chest stretches
- Shoulder raises and drops
- Shoulder rolls forwards and backwards



Exercises to stretch the hips when you have been sitting too long:

- Quad stretches
- Kneeling quad and hip stretch

If the aches and pains still persist, following the stretches and exercises, we highly recommend trying chiropractic care given by a suitably qualified professional. If you are near the clinic, myself or one of my colleagues will be more than happy to help. Just book a consultation and we will get you on the road to feeling happy and pain free again.

More top tips when working from home...

- Stick to your routine - wake up at your normal time, shower and get dressed. This helps mentally prepare for the day and get into the "I'm going to work" mindset.
- Try and keep to a routine - if you typically work 9-5, keep doing it. It's easy to lose track of time, and if you can't stick to a typical work-life balance, you may find it hard to switch off.
- Take regular breaks - it's important to stand up, stretch, move around and go for a short walk to take a break from your work and your screen.



- Speak to people - make time to pick up the phone to speak to colleagues rather than relying on email. If you work in a team, make sure to check in regularly with your colleagues.
- Manage your workload - consider using a system to log the team's work so that everyone is joined up and aware of what the team is focussing on. If you're gaining time by not commuting, it's a good opportunity to exercise / get some fresh air.