



# COMPUTER-BASED, SEATED WORKING: THE EFFECT ON YOUR POSTURE

Corporate Health

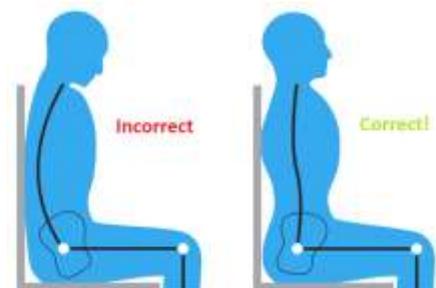
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## ABOUT SITTING

Sitting is an almost inevitable part of modern life. We sit to socialize, to travel, and in many cases, to work.

Research has linked sitting for long periods of time with a number of health concerns. Amongst these are included obesity, cancer, heart disease and the 'metabolic syndrome' which is the clustering of conditions such as elevated blood pressure, high blood sugar and excess fat situated at the waist/abdomen.

There is, of course, also the discomfort, pain and in many cases, chronic back and neck pain that results from extended time spent working at computers.



## HOW TO REDUCE SITTING-RELATED PAIN

There is good quality evidence to suggest that it is prolonged sitting that causes the musculo-skeletal and metabolic danger. Here

are a few tips to ensure that you break up periods of sitting frequently:

- Stand up when talking on the phone.
- Set an alarm and stand up, do a few stretches, or walk down the corridor every 20-30 minutes.
- During your lunch break, take a walk with a colleague.
- Use the lavatory on the next floor (include the stairs!) rather than the one closest to your office.
- Walk over to your colleague's office to deliver a message rather than emailing them.



Some people enjoy ideas such as sitting on a large exercise ball rather than a chair – this forces you to engage muscles that are otherwise "lazy" on the support of a steady chair. If you'd like to try this, a 55 cm diameter, good quality exercise ball is ideal. Don't slouch – maintain the correct "S-shaped curve in your spine.

## ERGONOMIC DESK AND PC SET-UP

It is important to ensure that your computer screen and keyboard don't encourage a slouch. There are guidelines for the Ergonomic design and set-up of computer stations, and if you would like to have your station assessed, please contact Physiodynamix.

### Correct Sitting Posture for Computer



**Book an appointment:**  
**Physiodynamix**, Cramerview Village Centre, corner of Curzon and Main Roads, Bryanston, Johannesburg.

**Open from: 7am to 5.30pm**

**Telephone: 011 706 7433**