

How To Reduce Back Pain at Work

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Arkansas Pioneer Chiropractic Health
Centre



Many of us sit a lot at work and that can cause back pain. Some simple changes to your workplace can make a big difference.

Look Ahead

Keeping your gaze straight ahead instead of looking down can make a huge difference. Your computer monitor should be about an arm's length away and your natural gaze should be in the center of it.

If you use a laptop, try to position it so you're not hunching over to look at it. Bending can put a lot of strain on your neck. The same goes for reading emails or texts on your phone or tablet. Try to position your device so you're looking right at it and not looking down. Better yet, try to use a computer with a keyboard and monitor for emails and other tasks.

Make sure your keyboard is straight ahead of you and your mouse is close and within an easy reach and at the same level as the keyboard. If you have a keyboard tray, it should be high enough that when you rest your elbows on your chair's armrests, they are at about 90 degrees. Don't slump over to touch the keys. If you need to bend to get to the keys, the keyboard is too low.

Focus on keeping your head up, looking straight ahead, and keeping your head and neck right above your shoulders, not tilting forward.

Sit Up Straight

When in your office chair, sit up straight with your back against the back of your chair. If you can't sit like this comfortably, the chair might be too deep or too high. Your feet should be flat on the floor with your thighs tilting slightly downwards.

Chair armrests should keep your arms at 90-degree angles while taking some of the pressure off your shoulders.

Your bottom should press against the back of your chair and a cushion should make your lower back arch slightly. That lower back support minimizes the strain on your back, so if there isn't enough support there, consider a lumbar pillow or something else to provide some support.

Take Breaks

Getting up and walking around can help your back. Sitting is tough on your spine. Try setting an alarm on your calendar to make sure you get up at least every hour or so. Just standing up can be good for you.

Try doing some shoulder rolls and tilt your head back and stare at the ceiling for a few seconds.

If these tips do not help relieve your back pain, the professionals at Arkansas Pioneer Chiropractic Health Centre can help. **Contact us today** to find out how we can help you feel better.