

## TIPS TO AVOID INJURY & FATIGUE

- Alternate between sitting and standing throughout the day. One way to make sure this happens is to drink plenty of fluids so you have to get up to go to the washroom.
- Incorporate hourly stretching into your daily work routine, especially for your neck, shoulders, and low back. Set a timer on the computer to remind you to take time to stretch.
- Take the stairs at work rather than the elevator. If you work on the top floor, get off the elevator a couple of floors early and take the stairs the rest of the way.
- Track your stretch breaks and walk breaks to ensure you accumulate 30 minutes of exercise daily.



## Hours of Operation

Monday-Friday

7 am – 7 pm

Saturday appointments  
available

## Kenaston Common Physiotherapy

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Winnipeg, MB. R3P 0Y4

Call 489-4737

[www.kcphysiotherapy.com](http://www.kcphysiotherapy.com)

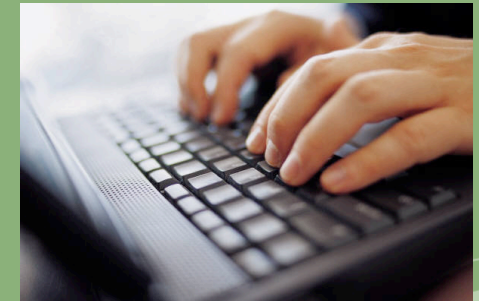


*Orthopaedic and Sports Injury Clinic*

## Healthy Computer

Tips for the

Whole Family



Call 489-4737

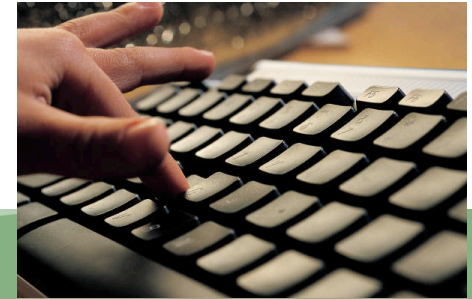
# Kenaston Common PHYSIOTHERAPY

## *Orthopaedic and Sports Injury Clinic*

Sitting at a computer all day causes shortening of the muscles being used. Mostly these muscles are at the front of the body. It is important to move these muscles out of this posture by stretching them in the opposite direction.

### **Computer Station Set Up**

- The centre of the monitor should be at eye level and directly in front of you so that you do not have to constantly turn your head.
  - Keep your keyboard and mouse centered in front of the monitor and close to you to avoid arching your neck or twisting your body.
  - Make sure you have an adjustable swivel chair so you can alter the height of the seat and arm rests. The chair should have wheels so that you can move to an object rather than reaching for things. This will minimize poor postures that can lead to muscle soreness, tension and fatigue.
- Your elbows should be at a 90 degree angle to the keyboard.
  - Your feet should be on the floor and there should be sufficient leg room underneath the desk. Your hips, knees, and ankles should all be at 90 degree angles.
  - Any office tools that are used frequently throughout the day should be no more than 50 cm away from your shoulder.
  - Place a back roll in the small of the back or make sure there is lower back support in the chair.
  - If your job requires reading throughout the day, your desk should slope at a 45 degree angle.
  - If your job requires mostly reading and using your hands throughout the day, the desk should slope at a 15 degree angle.
  - If available, use a headset to avoid awkward neck postures if you have to be on the phone for long periods of time.



If you are experiencing regular or increasing discomfort while sitting at your computer, we can help.

A physiotherapist will do a thorough assessment and provide the necessary treatment to help you recover quickly and effectively. They can provide information about correct posture and positioning at your workstation.

You will be able to avoid many of the aches and pains often associated with extended computer work with guidance from a physiotherapist.

Visit us at [www.kcphysiotherapy.com](http://www.kcphysiotherapy.com)

Phone: 489-4737