

"Work from Home"



Wellness Initiative Newsletter

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Have you recently had to make a shift from the office to your home? It can be tough to find ways to work comfortably, especially when the home environment doesn't always allow for a perfect set-up space. This section of the newsletter focuses in on tips and simple tricks to work from the home setting to reduce unwanted posturing and preserve the bodies musculoskeletal system

- Create a **dedicated** workspace, try not to work from your bed or couch

- Use plenty of natural light if possible, within your workspace, your monitor should be the brightest thing in your space

- Leave food in the kitchen, this will allow for two distinct spaces to be able to focus on working properly



Spotlight

Ergonomics

- Adjust monitor height: Use books, boxes or whatever you may have around to ensure your monitor/device is at or slightly below eye level with you, reducing neck and back strain

- Ensure that your monitor is separate from your keyboard/mouse, relax your shoulders and work with elbows at around a 90-degree angle



Colorado State University

Simple Laptop Ergonomic Setup

Bad



Good



Activities and Resources

Chairs:

If you're looking for a new office chair, here are the most highly recommended budget chairs - [Best Budget Office Chairs](#)

Chair Tips:

- Use a quality chair- If you don't have one, add pillows to increase back/leg support
- Raise the chair- Most home tables and desks are actually too high for most people, use a seat cushion or small pillow to increase sitting height
- Supported feet- If your feet don't comfortably touch the ground, this can lead to low back strain, try and prop them up on a stool or phone book

More helpful tips:

- ❖ Add a rolled towel behind your back for increased lumbar support
- ❖ Change your position often! Try and alternate every hour between sitting and standing. Taking a walk in the middle of the day is also a good way to reduce muscle tension
- ❖ If your kids are also at home with you, take breaks together every 30-60 minutes to get up, stretch and walk around

Stretches:

Participating in daily stretches on rest breaks will help to reduce the risk for discomfort and injury due to sitting for prolonged periods of time

[Stretches Link](#)- This link provides a wide variety of stretches for all muscle groups

[Yoga for Low Back Pain](#)- This is a great 15 minute video the incorporates simple yoga positions to target low back pain

Additional yoga stretches posted below

