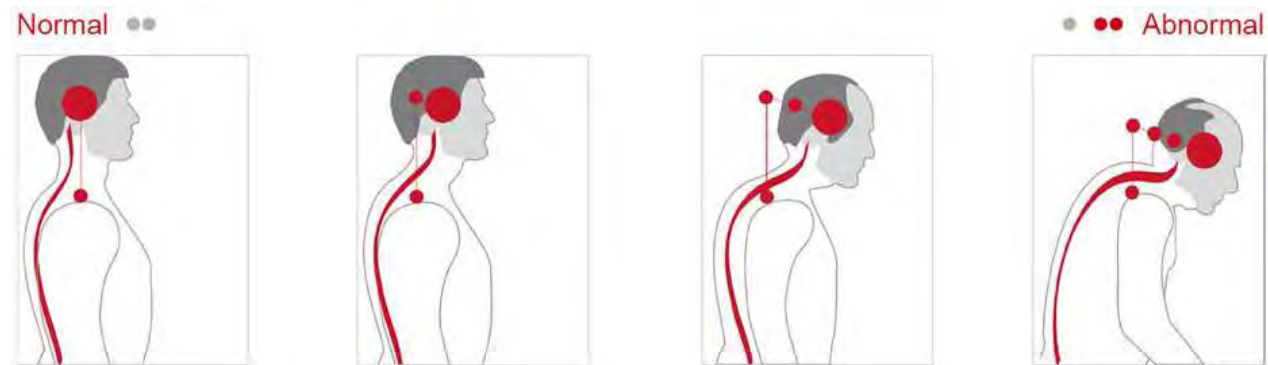


SITTING WELL

- HOW TO AVOID INJURY AT 0 MILES PER HOUR

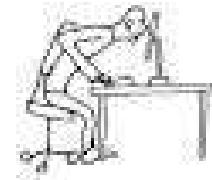
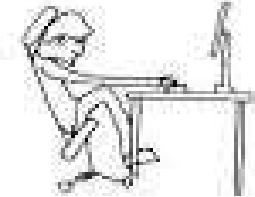
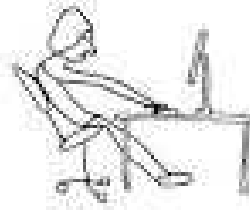


POOR NECK ALIGNMENT CAUSES VERY REAL DAMAGE



- FORWARD HEAD POSTURE is the most common neck alignment fault. It can cause disc degeneration severe enough to impinge on the spinal cord or nerve roots supplying your arms and hands. The spine is the structure that should protect your spinal cord and nerves but when diseased it may impinge on the very structures it should protect.

DO ANY OF THESE POSTURES LOOK FAMILIAR?

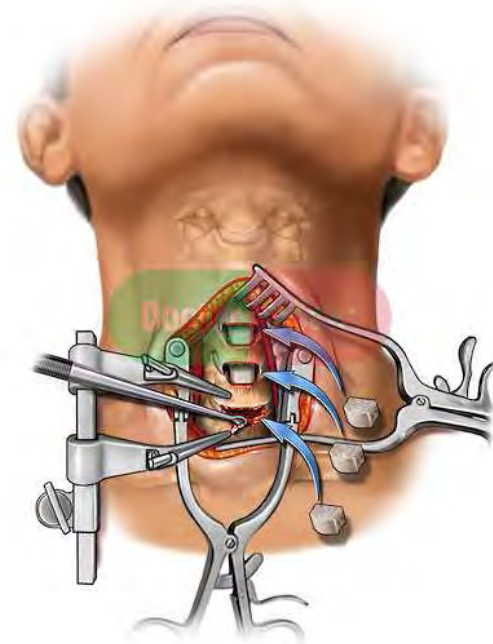


Do you think they might have a neck ache, back ache or headache after a day at the computer?

NECK SPURS AND DISC PATHOLOGIES ARE COMMON

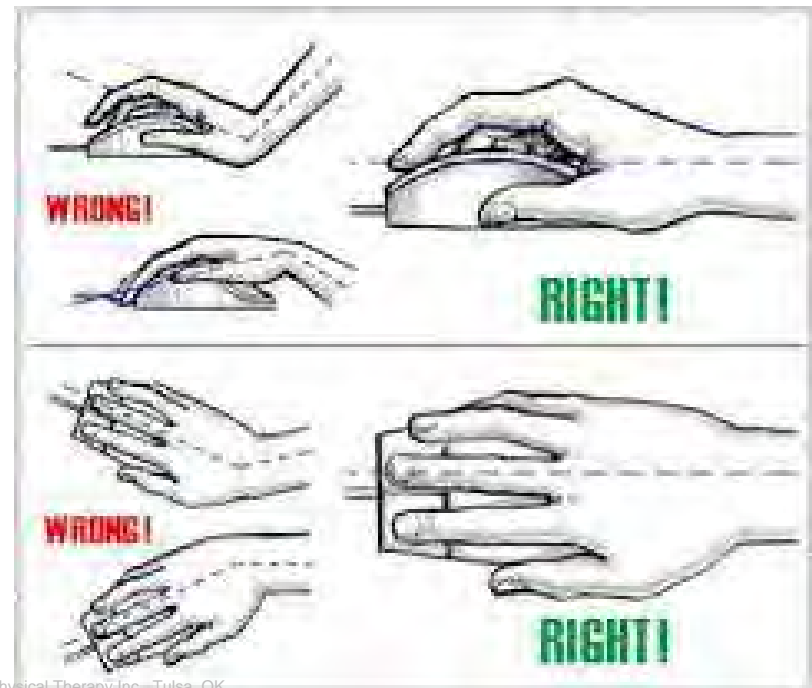
- An osteophyte, or “spur”, is the body’s attempt to stabilize an area under stress. It may eventually fuse the segment.
- Surgery can also fuse the segment.
- Physical therapy attempts to help you realign with training, mobilize tight joints and stabilize with exercise.

Disc Degeneration with Osteophyte Formation



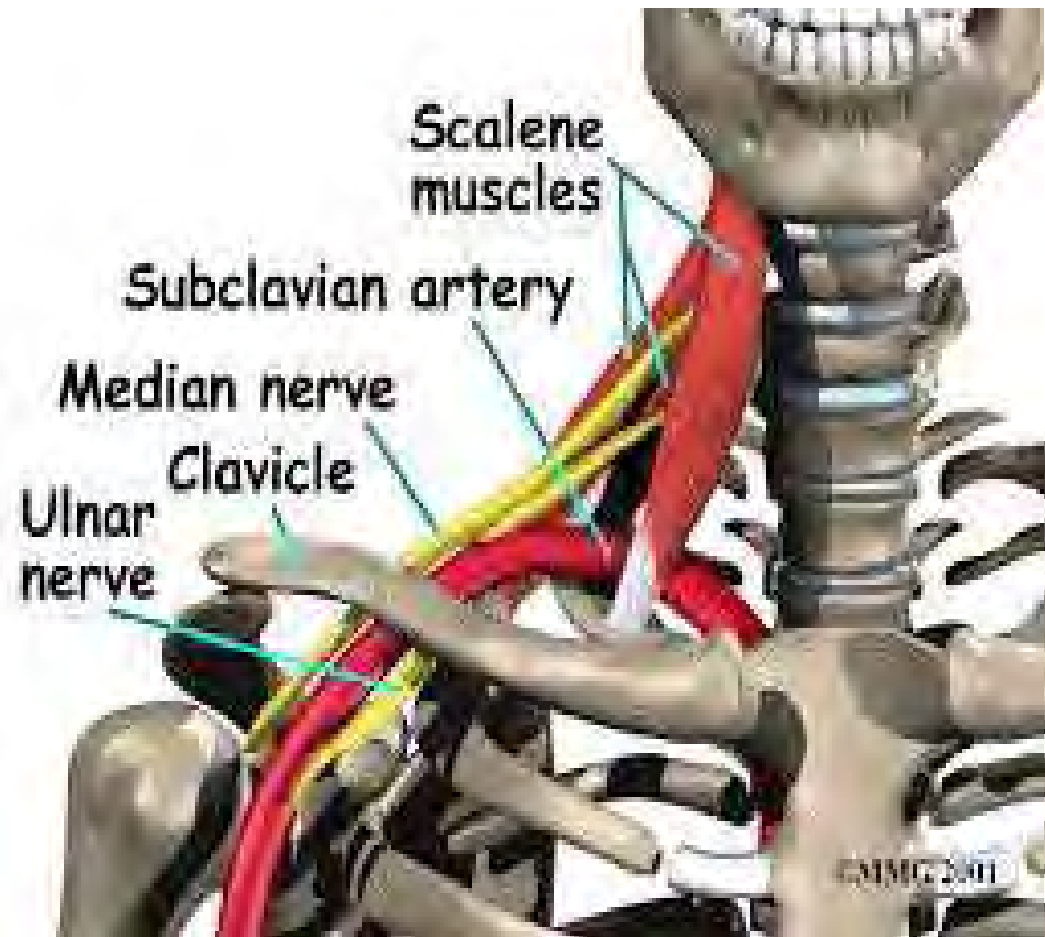
CARPAL TUNNEL SYNDROME INVOLVES THE MEDIAN NERVE

- To minimize compression of the median nerve avoid cocking your wrist upward or to the side.
- Also avoid direct pressure on the front of your wrist. A mouse pad can prevent point pressure.



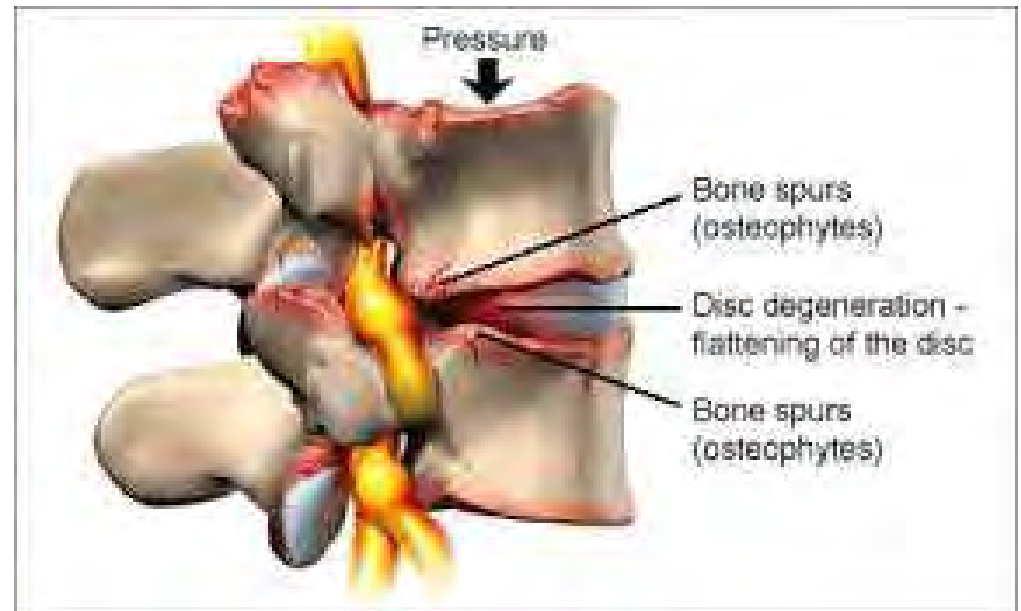
PAIN CAN ORIGINATE FROM THE THORACIC OUTLET

- Tight neck and shoulder muscles often cause symptoms.
- Tight muscles may be caused by poor support.
- Muscles go into spasm when the neck is injured.



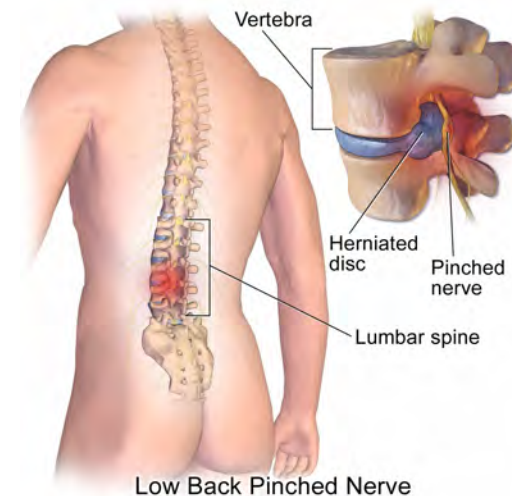
THE LOW BACK CAN SUFFER THE SAME FATE AS THE NECK

- The yellow structures in this picture are nerve roots
- Bone spurs and bulging or herniated discs can impinge on the nerve roots that supply the legs with signals for movement, sensation, and awareness of position.



Lumbar Disc Pathology

- A herniated disc can “pinch” a nerve that supplies sensation and movement to the legs.
- Sitting in a bent position compresses the disc and weakens supporting structures.





THE LANGUAGE OF PAIN

- The pain you experience now is your body's alarm system.
- Learn to know the signals and respond.
- Better yet, be pro-active and align well to feel well.

SET UP WHEN YOU FIRST SIT DOWN

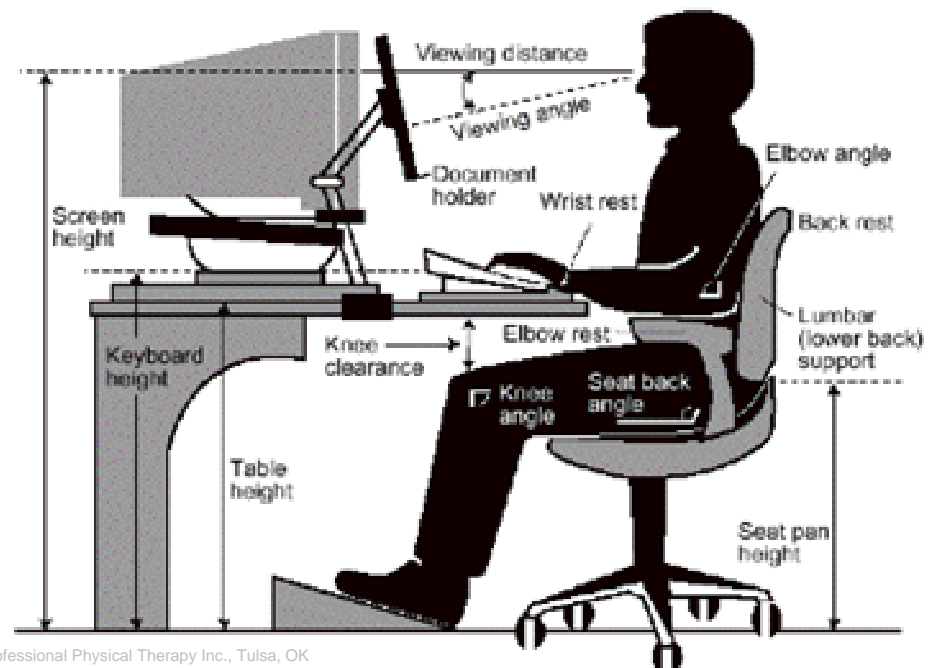
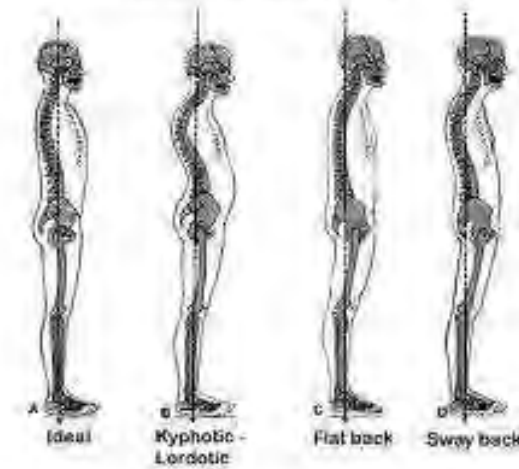
- You can avoid this gentleman's pain with a little knowledge of the human body and how to use your work space environment to put your body in optimum alignment.



ALL SPINES ARE NOT THE SAME

- Know your body alignment type.
- Know your pathology
- Know how to modify your existing setup
- You don't have to have an expensive chair

Four types of postural alignment



AN IDEAL OFFICE CHAIR

- Adjustable arms
- A straight back
- An adjustable seat pan that tilts
- Adjustable height
- A lumbar support



Keyboards and Mice

- Customize your keyboard for your size
- An adjustable ergonomic keyboard allows a perfect fit
- A shock absorbent mouse wrist rest prevents point pressure



LUMBAR SUPPORT

- Choose a lumbar support that has a strap to prevent falling into your chair when you get up.
- It should support your normal inward lumbar curve of 25 to 30 degrees.
- Even an excessive lumbar curve needs support.

