

READY, SET...DESK!

Is your work setup first prize or back of the pack?

2023

DESKERCISE

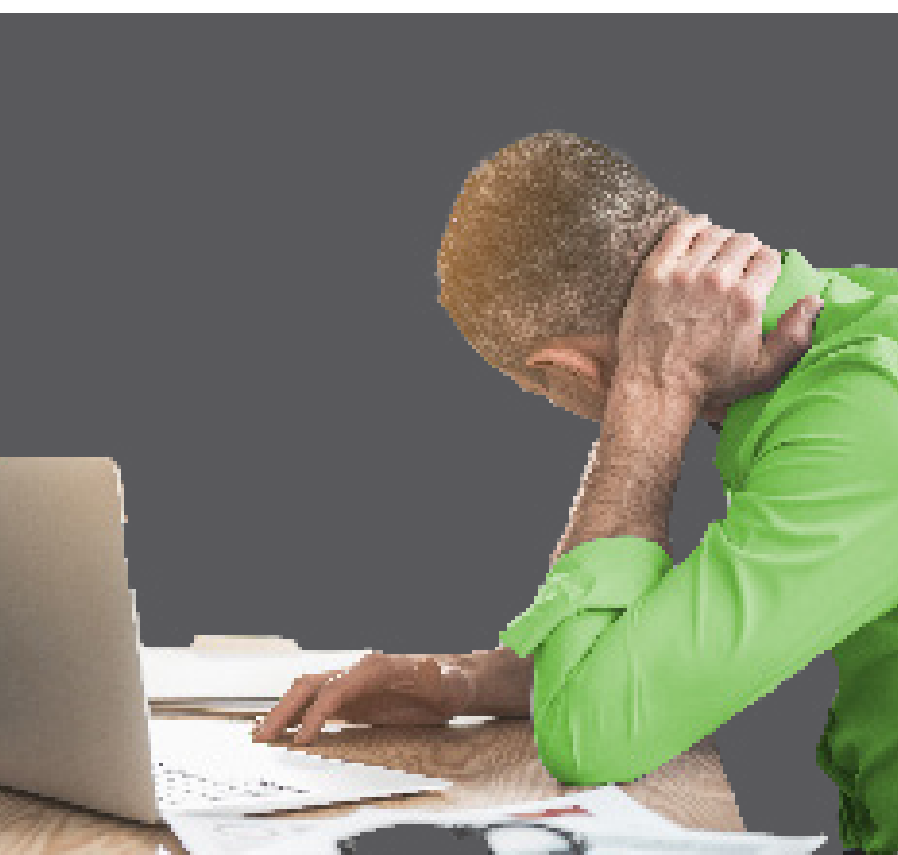


EVER CONSIDERED

That you might be spending as many hours, or more, sitting as you do sleeping? That would mean that your body potentially spends more time in a stationary, upright position than when fully supported and resting, let alone moving.

WHAT'S MORE

If you spend a lot of time at your desk, the long term impact on your posture can have numerous health implications, including shoulder strain, neck pain and even joint damage and surprisingly, if you are a sloucher this can affect more than your back and neck – it can also lead to heartburn, constipation and incontinence, according to Harvard Health.



THE BOTTOM LINE IS

By taking a few extra precautions with your desk setup and incorporating safe, regular stretches into your day, you can already start saving yourself a great deal of unnecessary pain and discomfort.

LET'S START WITH THESE TIPS ON A BETTER DESK SETUP FROM THE MAYO CLINIC:



Choose a **chair** that supports your spine and sit with your feet flat on the floor or a foot rest, and relax your shoulders.



Make sure the **desk** is a comfortable height and that there is plenty room for your legs underneath it – do not store items under your desk where your legs need the space.



Place your **keyboard** in front of you with your wrists straight and your hands at or slightly below the level of your elbow and place your mouse within easy reach.



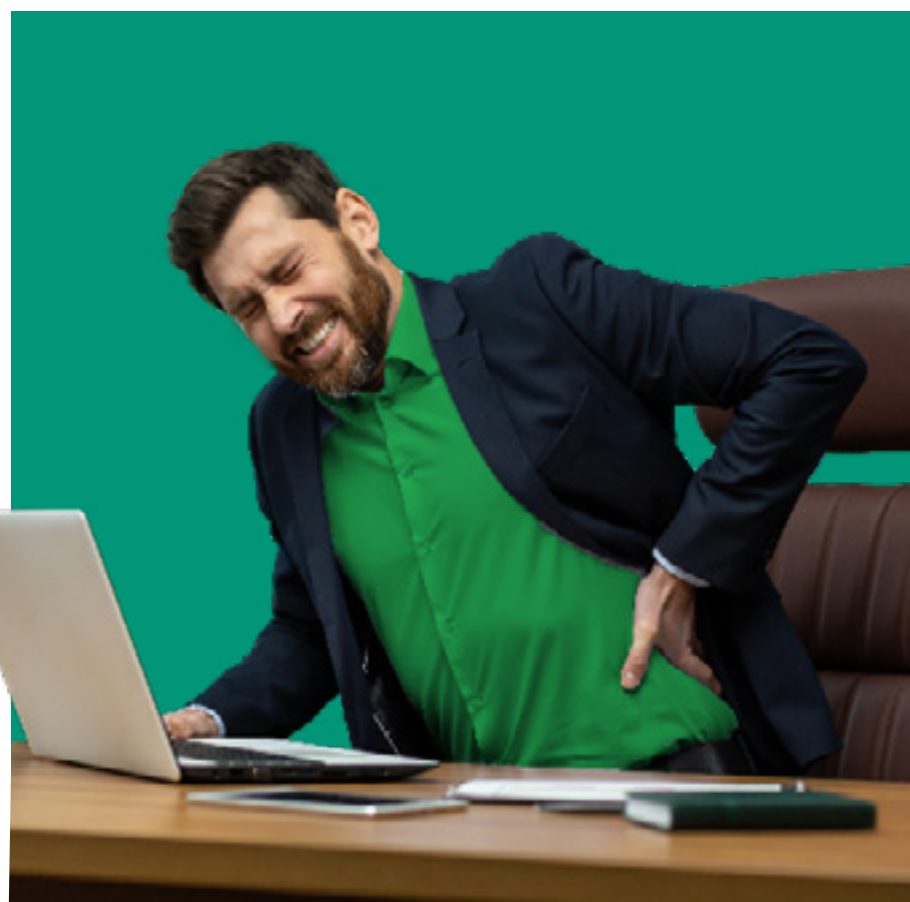
Ensure the computer **monitor** is directly in front of you, in line with the keyboard and about an arm's length from your face. The top of the screen should be slightly below eye level.



If you use a **laptop**, consider getting an external keyboard and mouse, and a laptop stand (a stack of books will also do!) so that you can mimic the desktop setup.

BACK AND NECK PROGRAMME

And if you are suffering from ongoing back and neck pain, OMSMAF is here for you with our excellent Back and Neck Programme, put in place to help improve quality of life and reduce pain and suffering for our members. This programme is based on international, clinically proven care pathways that reduce pain and stiffness and improve flexibility. For more information about the programme please contact us on **0860 100 076**.



Keep an eye out for our next mailer where we will be getting into some neck stretches and body breaks to help keep you loose and limber.

**CHAT SOON,
THE OMSMAF TEAM**