

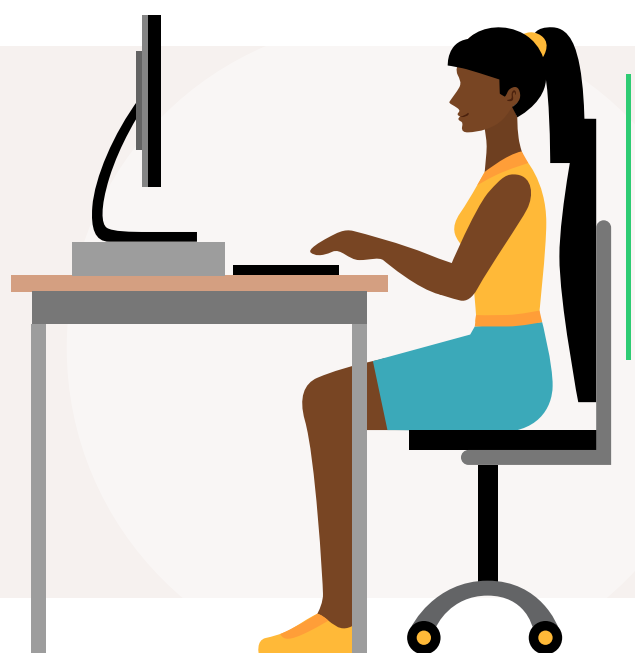
# PAIN IN THE NECK: HOW YOUR OFFICE SETUP IS HURTING YOUR POSTURE

Missing work due to pain? You're not alone. Current research indicates that back pain is one of the leading reasons for absenteeism at work.<sup>1</sup> Here's why.



- An improper setup at the office or makeshift workspaces while working remotely can lead to an **aching neck, slumped shoulders, and muscle tightness in your back and body.**<sup>2</sup>
- According to recent surveys, more than **13% of people** experience neck ache because of office work.<sup>3</sup>
- Did you know when your neck is bent to 45 degrees, your head exerts **nearly 50 pounds of force?** This is because the average human head weighs almost **12 pounds**, which is equivalent to some bowling balls.<sup>4</sup>

- Not having an elevated space for a laptop or computer screen leads to slouching as someone strains to see. This prolonged bad posture can cause **multiple physical and mental health issues.**<sup>5</sup>
- Slouching for long periods negatively affects **breathing, decreases flexibility, and limits the range of motion in your neck and back.**<sup>6</sup>



## THE DANGERS GO BEYOND DISCOMFORT



### FATIGUE

Slouching causes muscles to work harder to stay in an unnatural position. The resulting soreness makes you tired and less likely to move when your body needs it most.<sup>5</sup>



### DECREASED BLOOD CIRCULATION

Sitting for long periods compromises circulation and may exacerbate pre-existing issues and can cause varicose veins.<sup>5</sup>



### JAW PAIN

Leaning toward the screen can cause jaw pain, and potentially temporomandibular joint (TMJ) pain.<sup>2</sup>



### HEADACHES

A cervicogenic headache is felt at the base of your head and stems from straining joints and neck pain.<sup>6</sup>



### PROBLEMS WITH DIGESTION

As a person slouches, abdominal organs are compressed, which may lead to slow digestion, heartburn and discomfort. It has even been linked to a slowed metabolism.<sup>6</sup>

## WAYS TO HELP

- ✓ Effective ergonomic products for the office, such as monitor arms, can help decrease the number of musculoskeletal problems by 61%. This relief subsequently reduces lost workdays by 88%.<sup>7</sup>
- ✓ Practice the proper sitting position and work to hold correct posture throughout the day.<sup>8</sup>
- ✓ Specific yoga positions are designed to address poor posture. Downward facing dog, plank pose and cobra pose – to name a few.<sup>9</sup>
- ✓ There are also exercises to improve posture such as shoulder lifts and head rotations.<sup>6</sup>
- ✓ Seek reputable resources for advice on alleviating spine-related pain.

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REGAIN YOUR LIFE<sup>™</sup>