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Correct Posture For Working At Home

Clearwater, FL - January 14, 2021 - Millions of people are still working from the comfort of their own home, turning their kitchen tables and bedrooms into makeshift offices. Unlike the traditional office space, many are working under conditions where chairs sit too low and tables are too high - causing strain on your neck, shoulders and back. We understand that not everyone has the means to go out and buy expensive furniture to create an ideal workspace, however, these simple tips can help make working from home more comfortable.

According to Medical News Today, a person can improve their posture by doing the following:

- Keep your feet flat or rest them on either the floor or a foot rest
- Avoiding crossing your knees or ankles
- Relax the shoulders
- Maintain a small gap between the back of the knees and the chair
- Avoid sitting for long periods

Don't hunch over your computer: During the day, it is easy to slowly curve your body closer to your computer without even noticing. As a result, your neck, shoulders and back become subjected to unnecessary strain. A helpful tip to keep track of your posture is to check in with your posture every now and then. Set yourself a timer on your phone or computer to take a step back from your work and make sure you are maintaining correct posture.

Don't give up on your current chair: Office chairs can be expensive, and there are alternative ways to make that kitchen chair work. Household items such as a couch cushion or a tightly folded towel can be placed under your buttocks to help raise your hips and increase the curve of your spine.

Don't use your couch as a workstation: Although it may look tempting, the couch is not an ideal place to work. A couch cushion does not provide proper support for your back or buttocks, and often leaves feet hanging.

As you continue working from home, remember these helpful tips to make your new office comfortable and efficient. If you are struggling with neck, back or shoulder pain give us a call at (727) 461- 6026 to schedule an appointment.

About Orthopaedic Associates of West Florida: With over three decades of established group experience, Orthopaedic Associates of West Florida and their Board-Certified physicians specialize in every area of adolescent and adult Orthopaedic services. OAWF merges state-of-the-art technology, unsurpassed physician skills, and a patient friendly atmosphere to provide a superior experience for all patients.

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