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## HEALTH

# Updating Workplace Ergonomics for Today's Economy

NewsUSA

(NU) - We've heard a lot about "workplace ergonomics" in recent years, but with the economy changing – more people are working from home, whether by choice or their employer's decision to "go virtual," – maybe it's time to acknowledge the obvious: It's just as easy to injure yourself no matter where you physically work.

Think about it: When it comes to a wide range of musculoskeletal injuries caused by stress to the joints from repetitive tasks, overuse of muscles and poor posture, what's the difference if you're slumping in front of an office computer or a home laptop? Or lifting heavy cartons on to the back of a delivery truck or your closet shelf?

As the Society for Human Resource Management advises: "Employees who work from home or travel for work should be taught to assess their ad-hoc workplaces for ergonomic risks."

If you are hurting, doctors of chiropractic – who have a minimum of seven years of higher education – focus on structure and function. They care for pain syndromes with a drug-free approach that includes spinal manipulation and exercises to help stretch out and



**Chiropractors can help you deal with pain caused from repetitive workplace tasks.**

strengthen core muscles. Meanwhile, here's a few tips to follow:

- Invest in a good chair, mind your posture, and learn proper lifting and stretching techniques.
- Keep your eyes at the same height as the computer monitor – without leaning forward – to help avoid headaches and neck pain.
- Take frequent stretching micro-breaks and stay hydrated with water.

"Back injuries are the most prevalent occupational injury, and studies have shown chiropractic patients have consistently better outcomes," says the not-for-profit Foundation for Chiropractic Progress' Dr. Gerard Clum, DC.

To learn more or to find a local chiropractor, visit [www.F4CP.org/findadoctor](http://www.F4CP.org/findadoctor).

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