

3 WAYS TO REDUCE BACK PAIN CAUSED BY WORKING FROM HOME

Working from home is difficult!

For many people, this is an understatement. While working from home, many of you are in charge of your work, taking care of children, managing technical difficulties, and the added stress of a pandemic.

You don't have your typical desk set up, and after nearly a year of working from home, low back pain is your closest co-worker.

Here are THREE simple things you can do to help eliminate your low back pain caused by working from home.



MICRO BREAKS

Micro breaks are a powerful tool in reducing your back pain while working! Research shows us that it only takes 20 seconds every 20 minutes to reduce pain and have a healthy back.

Click the [HERE](#) link for an example of a short, powerful microbreak!

PROPER DESK ERGONOMICS

Here are guidelines for a comfortable desk setup.

1. Feet flat on the floor.
2. Knees level with hips.
3. Place a pillow against the chair at your belt line to support your low back.
4. The computer screen is an arm's length away, top near eye level or slightly below.
5. Elbows are bent at 90 degrees, supported by armrests.
6. Wrists are flat against the keyboard.



MORNING SPINE MOVEMENT ROUTINE

The joints within our spine contain fluid, which houses all of the nutrients our bones and joints need to stay healthy. These nutrients are transferred to our bones through movement!

Starting the day off with a short, 3-5 minute movement routine will aid in reducing your low back pain caused by working from home!

Click [HERE](#) for an example of a short spine movement routine that I perform every morning!

