

## FURTHER INFORMATION

Below are the telephone numbers for the Community Outpatient Physiotherapy departments. Please call your local department for any further information/guidance;

Chippenham - 01249 456451  
Devizes - 01380 732520  
Malmesbury - 01666 827583  
Melksham - 01225 701027  
Salisbury - 01722 336262 Ext 4425/4413  
Savernake - 01672 517310  
Trowbridge – 01225 711341  
Warminster – 01985 224716

<http://www.csp.org.uk/publications/do-you-sit-desk-all-day>

<http://www.csp.org.uk/publications/fit-work>

<http://www.nhs.uk/Livewell/Backpain/Pages/back-pain-and-common-posture-mistakes.aspx>

<http://www.nhs.uk/Livewell/workplacehealth/Pages/howtositcorrectly.aspx>

Published Sept 2015  
Review date Sept 2017

# Patient Information

## POSTURE AT WORK



**If you spend a lot of time in one position for example working at a computer your posture can be affected. Common poor postures include;**

- Slumping your shoulders and losing the natural curve in your lower spine
- Poking your chin forwards

**This can lead to;**

- Excess strain on your joints, muscles and ligaments causing pain in your joints in particular your back or neck
- You may experience headaches
- Your soft tissues may change length making it harder to maintain a normal posture.
- Your breathing may be less efficient as you only use the upper part of the chest.
- The lower abdomen is compressed leading to poor digestion

If you work at improving your posture this can maintain or improve the condition of your joints and soft tissues. Try to make this a part of your lifestyle and with time and practice it will become second nature.

## How to set up your workspace

- **Sit well back** in your seat. Your back should be properly supported in your chair.
- **Rest your forearms on your desk.** Try to keep your elbows at a 90° angle.
- **Relax your shoulders.**
- **Keep your feet flat on the floor** and your knees level with or slightly below your hips.
- **Adjust your chair to achieve good posture.** Use a support for your feet to rest on if necessary.
- **Try to sit upright.** Don't allow your shoulders to slump.
- **Keep your desk free from clutter.** The things you use most often should be within easy reach for example your mouse and phone.

## Correct Sitting Posture for Computer



## Exercises

It is important to do regular exercises to avoid stiffness and pain. Try these exercises every hour or so throughout the day or whenever you feel stiff. Also aim to get up and walk around the office every half hour.

