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PERFORMANCE

7 WAYS TO RELIEVE BACK PAIN AT THE OFFICE

Studies have shown that sitting at your desk all day is not good for your overall health and can lead to back pains. However you can use below these ways to help you stay away from back pains.

1. Make sure your lower back is curved naturally forward. This helps to reduce strain on your back. Many ergonomically-designed chairs have a “lumbar support” built into them that is designed to maintain the curve. If your chair doesn't have a lumbar support, you can buy a lumbar support pillow to stick behind your back. If you can't do that, it is best to sit forward in your chair so you can let your spine fall naturally into a forward curve.
2. Make sure your keyboard and mouse are at the same level.
3. The computer monitor should be directly in front of you. This way you will not lean or have a hunched back.
4. Every 30 minutes, make sure you go on a break. A small walk, a toilet break or just climbing stairs for five minutes will help your posture.
5. Keep telling yourself to sit straight and don't bend your neck too much to look down at the keyboard.
6. Keeping your knees at 90 degrees helps. When the knees are directly over your ankles, then the spine is comfortable.
7. Your torso should be about an arm's length away from the monitor, which should be 2 to 3 inches above eye level.

