

Do you ache after sitting at your computer all day?

Ergonomics: *The science of making things fit people instead of asking people to fit things. Ergonomics uses knowledge from anatomy, mechanics, physiology and psychology to utilize human energy most effectively. Something that is ergonomic is designed for safe, comfortable, and efficient use. For example, a computer keyboard with an ergonomic design is designed to help the user avoid carpal tunnel syndrome and wrist pain.*

The word "ergonomics" was coined in 1949 by the British scientist K.F.H. Murrell who put it together from the Greek "ergon" (meaning "work") and "nomos" (meaning "law"). From medterms.com

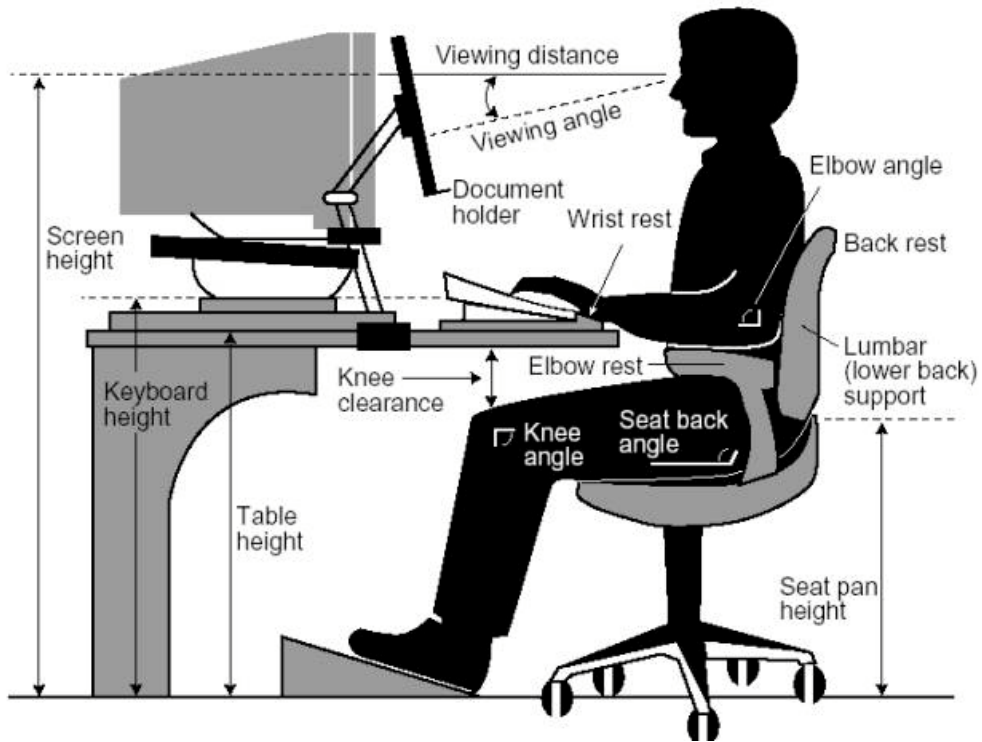
It is definitely not easy having to work at a computer all day. Pains of all kinds are bound to start after a few hours of typing and staring at a monitor! If you suffer from eyestrain, headaches, neck/back aches, feet “falling asleep”, then check the ergonomics of your workstation first to see if some small adjustments to your equipment help your body feel any better.

Here are some tips for working at a computer:

- Keep knees, hips and elbows at 90-degree angles
- Top of monitor screen should be at eye level
- Keep wrists straight and elbows at sides
- Avoid direct pressure on palms and wrists
- Eliminate twisting motions
- Eliminate over-reaching motions
- Reduce unnecessary force
- Reduce excessive gripping of mouse
- Sit back in chair and avoid tucking legs under chair

You should sit so your eyes are 15-32 inches from your monitor and your keyboard is tilted 5-15 degrees toward you. The monitor should be directly in front of your eyes so you don't strain your neck muscles by having to turn your head to the side for long periods. You should use a footrest to reduce strain on your legs and buttocks, and use a chair with good lumbar support so you are sitting straight.

If you are not sure about the equipment in your workstation, find out who in your company is trained in ergonomics and ask him/her to measure your table, chair height, etc and watch you as you type to see if there are any adjustments you could make. Small changes will make a big difference in how you feel!



Take breaks during your day, stand up, walk around, and stretch. Look at something in the distance as you sit at your computer to focus on an object far away to give your eyes a break from the close-up work of the computer. Open and close your fingers several times to relax your hands. Do foot circles with each foot to keep the blood flowing.

If you would like to learn more about stretches you can do at work or home to reduce your achiness or if you want to set up a massage appointment which includes stretches on the table, please give me a call anytime at 818.421.0597. And check out my website for more information at massagebyjulia.abmp.com.

Have a wonderful, stress-free day!

Julia Morrow, CMT/LMT