

**The Top 12 Things
You Are Doing At Work
Right Now
To Cause You Back Pain
And Will Cause You
Serious Problems
In the Future.**



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CONGRATULATIONS ON MAKING THE VERY SMART DECISION TO REQUEST THE REPORT THE TOP 3 THINGS YOU ARE DOING AT WORK RIGHT NOW TO CAUSE YOU BACK PAIN AND WILL CAUSE YOU SERIOUS PROBLEMS IN THE FUTURE.

IN THIS REPORT YOU'LL DISCOVER HOW TO ELIMINATE THE CAUSES OF BACK PAIN THAT YOU DO EVERY DAY, MULTIPLE TIMES A DAY AT WORK AND WITHOUT PUTTING A STOP TO THEM IT CAN LEAD TO VERY SERIOUS PROBLEMS IN THE FUTURE. SO LET'S GET STARTED.....

TIP #1: You must have a separate screen or keyboard for your laptop.

A laptop cannot by itself be set up to allow your body to be in the correct posture, yet laptops are what a majority of people use. In order to be able to sit with proper posture and have a lap top you must have a separate keyboard or separate screen to be able to position the computer in optimal position.

TIP #2: You must stand up every 15-20 minutes.

This is not a 5-minute break, you don't even have to leave your office but you do have to at least stand up and reset your body every 15 minutes. Have a pop up come up on your computer to remind you and stand up, shift your weight and sit back down. You do not have to stop what you are doing but you do have to give your body a break.

TIP #3: Sitting is some of the highest amount of pressure you can put on the discs in your back.

Ever heard of a bulging disc, a slipped disc, a herniated disc? These are all the same thing and can lead to loss of feeling and strength in your legs. The problem is every minute you sit in a slumped posture you are putting yourself at risk for getting one of these. It does not take a major trauma, just sitting at your desk can cause this.

TIP #4: The top of your screen has to be at eye level.

If you have to look down to see your screen, eventually your neck will follow and when the neck slumps forward, the back has to compensate and slumps forward. Again putting your discs, muscles and ligaments at risk for injury.

TIP #5: Most back pain is not caused from traumatic injury it is caused from sitting to long in the wrong posture. Eventually it catches up with you.

Most people think that back pain is caused from an accident or lifting improperly but this is not the case. The majority of back pain is caused from sitting too long in the wrong posture. Even if you have done for months or years, it will catch up to you and can be irreversible.

TIP #6: Rolling your shoulders up back and dropping them down will put you in correct posture.

People think that getting into correct posture, is difficult or that you have squeeze your shoulder blades together as hard as you can and stay there. Not true. Simply roll your shoulders up, back and let them drop down and that will put you in correct posture.

TIP #7: Make sure your mouse and phone are close to your body.

The mouse and the phone are 2 widely used things and yet they are usually arbitrarily placed on the desk and after a while your arm becomes outstretching causing your back and neck to be in poor posture. Hold your arms at your side with your elbows bent to 90 degrees. Get your mouse as close to your hand as possible in that position and put blocks in place for it not to get away from you during the day.

TIP #8: Not having a sit to stand desk.

If you do not have a desk that goes from sit to stand, you need to get one, now. Having a desk that allows you to work and change position is imperative. You do not want to sit or stand for too long.

TIP #9: Your monitor is not directly in front of you.

Having your monitor even slightly off to the side can cause your body to be turned all day long. Where you head goes, your shoulders go, and your lower back has to follow.

TIP #10: Just having the right chair does not mean that it is set up for you. Even the most expensive chairs need to be adjusted.

Having your feet flat on the floor. Having your shoulders in proper position with your elbows at 90 degrees. All of these things and more need to be adjusted for in the chair. You need to make sure that you have made all of the correct adjustments to any chair in order to keep back pain at bay.

TIP #11: You ignore the warning signs that you are already having a problem.

You stand up and your back is stiff. Your feet go numb. You get spasms or a pain directly in your butt. These are just a few examples of what people experience every day that they ignore until it becomes an issue where they are calling out of work. Back pain is the #1 reason that people miss work.

TIP #12: Thinking that because you don't have pain you don't have to worry about any of this.

Before you actually get the pain is the best time to be preventative. You cannot break all of the posture rules and it not eventually catch up with you. You may make it through a month, a year, a few years even and never have a problem but you will it will catch up to you. It is easier to prevent something from breaking then to fix it once it is broken.

Congratulations! You now know the 12 things you are doing at work right now to cause you back pain and more serious problems in the future.

If you're experiencing back pain or discomfort or achiness now and want to have it checked out to see if it is leading up to a more serious problem that will cause you to miss work,

Call 508-528-6100 and ask for the "I Don't Want Serious Back Problems Free Screening Exam."

When you do this you will be scheduled with a doctor of physical therapy who is an expert in back pain and sciatica for a free one-on-one consultation to discover your diagnosis and discuss a plan going forward. This is a NO RISK, NO COMMITMENT consultation.

I hope you found this report helpful and we look forward to working with you!

Dr. Stacey Raybuck Schatz
Professional Physical Therapy and Sports Medicine
www.ProPTinc.com

"I am so appreciative of the care I received as a patient here. The physical therapists were knowledgeable and offered practical solutions to difficulties experienced with everyday difficulties. The office staff were supportive, as well. When I first began PT I had a sensation described as a severe pinch. I learned my muscles (especially in the legs) were very tight and knotted. Foam rolling was a godsend and not experienced at any other previous physical therapy place I visited. I now can balance without falling down on one foot! My experience here at Professional Physical Therapy has been extraordinary! I got my lift back!"

-Susan R.

"The staff here at Professional Physical Therapy is awesome! I felt hopeless when I started here, I have had lower back pain and pain in my legs for two years and had really slowed me down a lot, not enjoying life at all. They have given me hope again. I feel much better and am looking forward to an active summer with my family. This is a great place."

-Peggy K.