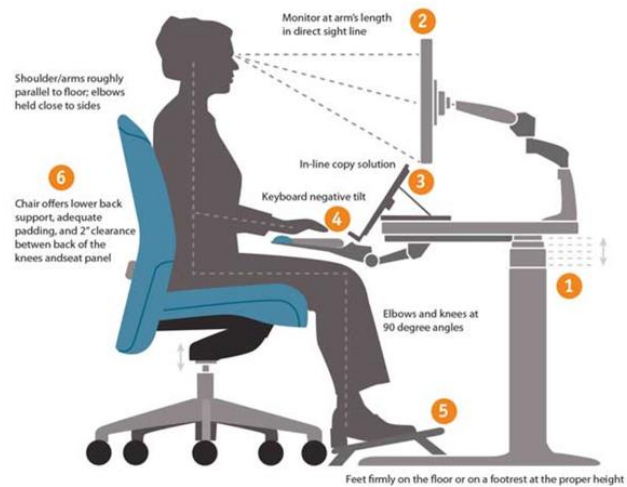


Ergonomics Workshop

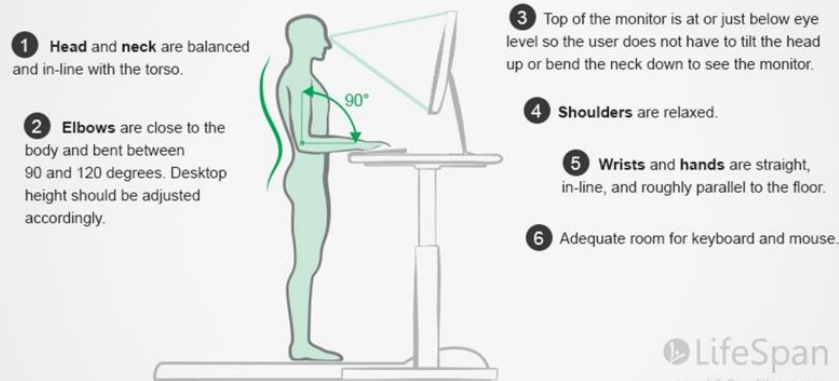
Dr. Eric Johnson, DC, DACBN
Functional Wellness and Chiropractic Center



Proper Sitting Posture at Desk

- Feet flat on the floor (or some sort of foot support)
- Knees and hips at 90 degrees
- Elbows at 90 degrees as well
- Back is straight, with spine touching the back of the chair
- Head is above shoulders (not jutting your chin)
- Top of the computer screen should be eye level
 - Looking slightly down towards the middle of the screen
- Wrists are in a comfortable position

6 Tips for Proper Treadmill Desk Ergonomics



Sit/Stand Desk Benefits

- Sit/Stand desks reduce sitting time by 21%
 - Reduced sedentary time by 4.8 mins every hour of work.
- Shows other health benefits
 - Increased sense of well-being and energy
 - Decreased fatigue, appetite, and dietary intake
- Productivity: shown there's no decrease in productivity
 - Studies have either shown no change or an increase in productivity

Exercises and Stretches for the Office

***These stretches are not intended to diagnose or treat any condition.
Dr. Eric Johnson is not responsible for any injuries that may occur. ***

Bruegger's Relief Position (Upper/Lower Back Pain)



Bruegger's Relief Position (Upper/Lower Back Pain)

- Sit on the edge of a stable chair
 - Forces you to tuck in your tail bone and straighten spine
- Tuck in chin (stretch out neck muscles)
 - Don't just extend your head
- Bring arms back (palms forward), and down at your sides
 - Think of "pinching a pencil between your shoulder blades"

Wall Angels (Upper/Mid Back Pain)



Wall Angels (Upper/Mid Back Pain)

- Lean back against a wall with your feet a couple inches away from the wall, with your hips, upper back, and head against the wall
- Bring arms up (field goal pose) and place your elbows and wrists against the wall
- Drop your elbows towards your hips
- ***Make sure your wrists, elbows, hips, upper back, and head are all against the wall***
 - Make sure you're not arching your low back as well

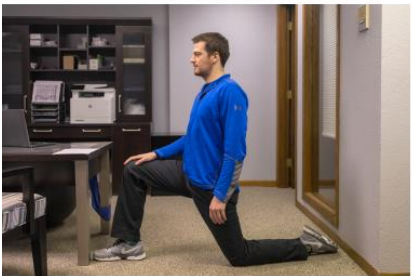
Doorways Pec Stretch (Open up chest)



Doorways Pec Stretch (Open up chest)

- Place hand/forearm against the door frame/wall
- Making sure your chest stays perpendicular to the doorway/wall, lean forward to stretch your chest muscles

Psoas Stretch (Low Back/Hip Pain)



Psoas Stretch (Low Back/Hip Pain)

- Get into lunge position, with one knee on the ground (can put cushion under knee if there's knee issues)
- Lean your hips forward and focus on tucking in your tailbone
- With the arm that's on the same side as the knee that's on the ground, reach up with that arm
- If there isn't a good stretch with that, lean back and away from the side in which the knee is down
 - ***Make sure that tailbone is still tucked***

Cat/Cow Position (Mid Back Pain)



Cat/Cow Position (Mid Back Pain)

- Get down on all fours (Make sure your shoulders are above your wrists and your hips above your knees)
- Drop your midback as you breathe in
- Arch your midback up as you breathe out
- Feet are flat on the ground (can be varied)
- Focus is on the mobility of your midback

Glute Bridge (Low back/hip)



Glute Bridge (Low back/hip)

- Lay on your back with your feet and hands flat on the ground and your shins perpendicular to the ground
- Raise hips so that your thighs and spine are in a straight line
- *If you want to exercise your core more, you can raise your leg so that it is in line with your thigh and spine*

Warrior 1 and 2 Exercise (Energy and Full Body Stretch) Warrior 1 and 2 Exercise (Energy and Full Body Stretch)



- Feet should be pointing forward at all times (back foot can be off-center slightly)
- With one foot step forward (don't step too far), and with that same side arm reach forward (opposite arm backward), and then step back
 - Each step should correlate with a breath phase- step forward/breathe in
- One next step (with same foot), reach above your head with both arms, and then step back
- Alternate between the two, with the same foot going forward each step. And after a certain time (1 minute), switch the side that is being stepped forward. Recommend 10 minutes total (5 minutes each side).

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