

**Did you know:** A chiropractor is a spine, muscle, joint and nervous system expert, who applies the best available evidence and clinical expertise to diagnose health issues that affect your body's movement and help prevent them from returning.

Ontario Chiropractic Association (OCA) represents almost 4,000 members and is the fourth-largest chiropractic association in the world by membership. The OCA's mission is to serve our members and the public by advancing the understanding and use of chiropractic care.

In Ontario, you can visit a chiropractor without a referral from a doctor or other health care professional.

# Prevent Pain at Work

Are you one of the **11 million Canadians** experiencing spine, muscle and joint pain annually? If so, consider the tips below to **identify and address the pain points** in your office or work-from-home setup.



## Yoga ball chair challenges

While great for core, they demand your abdominal muscles to be engaged all day. This can cause fatigue and additional strain on the lower back.



## Wrist strain

Use an external keyboard and mouse to avoid wrist strain. Try placing a wrist pad or tea towel under your wrists for added support.



## Monitor position

Position your external monitor an arm's length away, with the center of the screen just below eye level to avoid eye strain and neck pain. If you don't have an external monitor, raise your laptop with a stack of books.



## Sitting still

Stand up at least once an hour and engage in movement. Try a few light stretches to loosen up your body or walk to get a coffee or fill up your water bottle.



## Slouching

Avoid sitting on one hip more than the other or leaning over your devices too much. Sit up straight with your knees in line or slightly lower than your hips to help prevent neck and shoulder pain.



## Standing still

Standing desks are great – just make sure you're wearing supportive shoes. Take frequent breaks to avoid staying in one position for too long.