Prevent Pain Associated With Your Job

The back and neck are important parts of your body that are susceptible to injury from your work: both extremely active jobs and extremely sedentary jobs can cause this pain. The pushing, pulling, lifting and bending associated with manual labor can cause pain as well as the long periods of sitting from sedentary jobs. If you fall into either of these categories, here are some tips for preventing pain:

- Maintain good posture
- Take frequent breaks
  - 30 seconds every 10 minutes
  - 3 minutes every 50 minutes
  - 15 minutes mid-morning and mid-afternoon
- Change positions frequently

You might also be experiencing pain because your desk isn't set up properly for your size. To check, make sure that your chair is tall enough to keep your feet flat on the floor and that the front of your chair is two inches away from the back of your knees. Make sure your chair has lumbar support and arm rests. Next, make sure your computer is directly in front of you with the top of the screen at eye level. The monitor should be approximately 18 inches away from your eyes. Last, if you spend more than 15 minutes an hour on the phone for your job, try using a headset or speakphone to avoid straining your neck from holding the phone while typing. Click here for a diagram you can look at or print out to remind yourself to use good posture at your desk.

**Computer Rest Break**: Click for a list of exercises you can do in your office when taking a break.

Using improper lifting techniques can cause neck and back injury, too. Click here for a list of tips from Clemson Sports Medicine and Rehabilitation on how to lift correctly.
Watch this video for tips from their spine expert on how to protect your back:

Clemson Sports Medicine and Rehabilitation is a physical therapy office located at 10626 Clemson Blvd, Seneca, South Carolina 29678. They offer services such as:

- Orthopaedic Injury Care
- Post-Operative Rehab
- Comprehensive Back & Neck Rehab, with Manual Therapy
- Sports Medicine / Return to Sports Rehab
- Sports Performance Enhancement
- Running Analysis
- Custom Foot Orthotics
- Aquatic / Pool Therapy
- Work Injury Rehab & Return to Work Programs
- Functional Capacity Evaluations
- Neurological Rehab
- Gait & Balance Retraining
- Fall Prevention Program
- Vestibular Disorder Rehab
- Pediatric Therapy

To contact Clemson Sports Medicine and Rehabilitation, call them at 864-482-0064.