



# Water Cooler, July 09, 2020

## **"Ergonomic & Fitness Tips for the New Work from Home Lifestyle"**

presented by Dr. Kevin T. Murray, The Johns Hopkins University, the University of Maryland School of Medicine-Department of Physical Therapy, and the E.I.M. Institute of Health

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### **Some General Background info, helpful tips, & FAQs:**

*What does a DPT do?*

Non-surgical treatment for physical issues - i.e muscles, bones, nerves; aches & pains or spins & strains; pre- or post- surgery; after any injury (ADLs, play, work, auto, etc.)

*When should I seek professional help?*

The "3 week Rule"

*When should I seek help from DPT vs. Primary Care MD vs. Orthopedic Surgeon?*

Changing Anatomy vs. Influencing Physiology

*Influencing Physiology is often less about "information" and more about "application"*

The 80/20 Rule"

A little common sense and building Habits to achieve goals

The "3 - 3's"

*"I tried PT, but that didn't work for me..."*

Medical care is NOT a commodity - or at least it should not be

*What makes Gold Medal PT different?*

Truly locally owned and operated Private Practice (an enigma these days), so it matters to us!

Top 1% nationally by credentials and Specialization Certifications

Private rooms with individualized attention by appointment

Core Values: Blessing - Excellence - Results

Well over 250 "5 Star Reviews" on Google - you can't fake that!

### **RESOURCES for better Health - during COVID-19 "Work From Home" and beyond:**

What's Next Blog - Posture and Ergonomic positioning are important, but frequently moving and changing your position is even more important (...and a more realistic and achievable approach - train habits to achieve goals):

<https://www.goldmedalpt.com/2020/06/14/blogpost/>

Staying Active Blog - includes 5min video demonstration of Top 5 Exercises with no equipment required:

<https://www.goldmedalpt.com/2020/05/03/our-top-five-tips-to-stay-active-during-lockdown/>



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Gold Medal Blog Link - Quick access Info and free tips to help with everything from Headaches to shin splints (head to toe), from Dynamic Stretching to workouts techniques (start to finish), including brief videos to help you learn "quick fixes" from our experts:

<https://www.goldmedalpt.com/blog/>

Watch "Gold Medal Physical Therapy" on our YouTube channel - a wealth of short videos demonstrating all types of exercises, stretches, self care techniques, etc. with insights from our Specialists

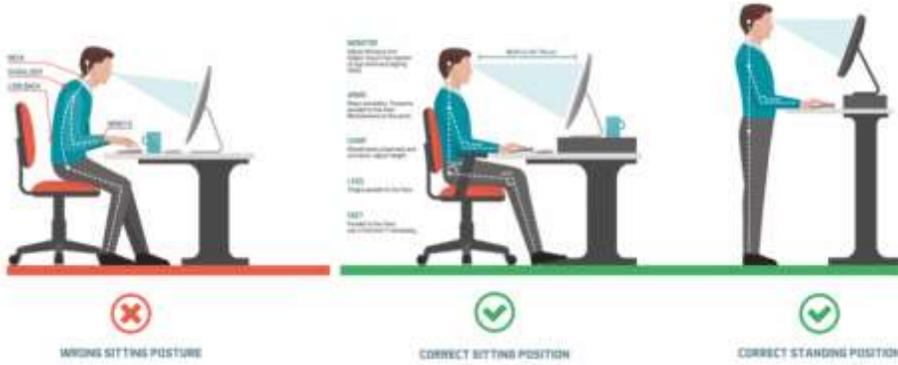
<https://www.youtube.com/channel/UCIP7wnyHP6JPLW6rtN7qrBA>

***A Couple Obligatory Posture Graphics:***



**CHECK YOUR  
BODY POSTURE**

**WORKING AT DESK**



## THE DOS AND DON'TS OF WORKPLACE ERGONOMICS

Here's how to properly set up an ergonomic workspace to keep you on task, productive, and injury-free during your workday.

### CHAIR

**Don't**

- Hold forearms and wrists out of line
- Neglect back support
- Hold elbows and knees outside of 90-degree angles
- Elect for a chair with non-adjustable seat height

**Do**

- Seek adequate armrests that keep arms at a 90-degree angle
- Equip the chair with adequate lumbar support
- Allow feet to rest lightly on the floor
- Adopt a chair with a comfortable cushion

### DESK

**Don't**

- Place the monitor above or below line of sight
- Squint at the monitor
- Place telephones and other common items out of reach
- Cradle a handheld phone between head and neck
- Remain seated throughout the entire day

**Do**

- Place monitors at eye level
- Adjust font and brightness settings
- Place frequently used items within reach
- Use headsets to maintain proper posture
- Take short breaks to walk and stretch

### LIGHTING

**Don't**

- Put bright lights directly above workstations
- Create excessive contrast between the task and the background
- Create an atmosphere that is too bright or too dim
- Position monitors near windows that can cause glare

**Do**

- Put bright lights to the side of monitors to avoid glare
- Use indirect lighting to avoid eye strain
- Opt for yellow-tinted lights versus fluorescents
- Provide glare filters, light filters, and ancillary task lights



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link for this infographic:

<https://www.thebackstore.com/blog/dos-donts-workplace-ergonomics-infographic/>

## Office Ergonomics Tips

Follow these 10 office ergonomics tips to help you avoid fatigue:

- 1) Make sure that the weight of your arms is supported at all times. If your arms are not supported, the muscles of your neck and shoulders will be crying by the end of the day.
- 2) Watch your head position, and try to keep the weight of your head directly above its base of support (neck). Don't "crane" your head and neck forward.
- 3) Don't be a slouch! Slouching puts more pressure on the discs and vertebrae of your back. Use the lumbar support of your chair and avoid sitting in a way that places body weight more on one than on the other. Move your chair as close to your work as possible to avoid leaning and reaching. Make sure to "scoot your chair in" every time you sit down.
- 4) The monitor should be placed directly in front of you, with the top no higher than eye level. The keyboard should be directly in front of the monitor so you don't have to frequently turn your head and neck.
- 5) Talking on the phone with the phone receiver jammed between the neck and ear is really bad practice. You know that's true, so don't do it!
- 6) The keyboard and the mouse should be close enough to prevent excessive reaching which strains the shoulders and arms.
- 7) Avoid eye strain by making sure that your monitor is not too close, it should be at least an arm's length away.
- 8) Take steps to control screen glare, and make sure that the monitor is not placed in front of a window or a bright background.
- 9) You can rest your eyes periodically for several seconds by looking at objects at a distance to give your eyes a break.
- 10) The feet should not be dangling when you are seated. If your feet don't comfortably reach the floor or there is pressure on the backs of your legs, use a footrest or lower the keyboard and chair.



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**A couple of very good links:**

<http://www.bu.edu/articles/2020/10-ergonomics-dos-and-donts-for-those-now-working-from-home/>

<https://www.verywellhealth.com/home-office-set-up-tips-4801196>

**General guidelines link:** <https://quodeckspeak.com/2020/04/27/ergonomics-during-work-from-home/>.

**Seated workstation posture link:** <https://www.viewsonic.com/library/business/best-computer-screen-positioning/>.

**Supplemental - a Plethora of "pics" & graphics**

[https://www.google.com/search?q=home+office+ergonomics+do%27s+and+don%27ts&safe=active&sa=X&rlz=1C1EVTc\\_enUS559US559&sxsrf=ALeKk02f7UOle9n1Mojll7\\_s27F06tIPxw:1591646670608&tbm=isch&source=iu&ictx=1&fir=qvnEj-SNTKDHWM%253A%252CFZKsYQdlHD-jhM%252C\\_&vet=1&usg=AI4\\_kTNiqai7cyERr1Yb45xSt-k\\_fKTtA&ved=2ahUKEwip96LzgfPpAhVphXIEHTJPBHYQ9QEwDXoECAoQHA&biw=1277&bih=883#imgrc=qvnEj-SNTKDHWM:](https://www.google.com/search?q=home+office+ergonomics+do%27s+and+don%27ts&safe=active&sa=X&rlz=1C1EVTc_enUS559US559&sxsrf=ALeKk02f7UOle9n1Mojll7_s27F06tIPxw:1591646670608&tbm=isch&source=iu&ictx=1&fir=qvnEj-SNTKDHWM%253A%252CFZKsYQdlHD-jhM%252C_&vet=1&usg=AI4_kTNiqai7cyERr1Yb45xSt-k_fKTtA&ved=2ahUKEwip96LzgfPpAhVphXIEHTJPBHYQ9QEwDXoECAoQHA&biw=1277&bih=883#imgrc=qvnEj-SNTKDHWM:)

**Time for additional Q&A**

Please do not hesitate to reach out to Kevin or any his Specialists at Gold Medal Physical Therapy, to see if they can be of any help. They are consistently adding FREE RESOURCES to their website, FaceBook page, YouTube Channel and Instagram. We are here to help you!

<https://p.facebook.com/goldmedalphysicaltherapy/>

<https://www.goldmedalpt.com/>

<https://www.youtube.com/channel/UCIP7wnyHP6JPLW6rtN7qrBA>