



Burrard Physiotherapy

You' re In The Right Hands

As we bid farewell to summer and all head back to work from vacation, most people will note they feel great. Not just mentally, but physically too. This might make you think about your work station set up. Is it the best it can be for your body. Below are a few tips to help you get started. If you're not sure, talk to your therapist, we know how to do it right.

Yours truly,
Kerry Maxwell

TIPS FOR THE SEASON AHEAD

SETTING YOUR COMPUTER UP PROPERLY

Ergonomics is the study of how to adapt the work place to the person. In other words, the work environment should be adapted to you, not the other way around. This is important because when the workstation fits your needs, fatigue and stress decrease and your comfort increases. In the long run you are more efficient and you decrease your risk of getting a repetitive trauma disorder. Repetitive trauma disorders are things like carpal tunnel syndrome or "tennis elbow" (tendonopathy). You may also suffer neck or back pain or get recurrent headaches.

Repetitive stress conditions occur when tendons, muscles, and nerves are placed under stresses and strains that at first seem very slight, but over time can eventually cause wear and tear to the soft tissues of our bodies. There are many different aspects of wear and tear and if one can decrease or eliminate any of these aspects, then the risk for this type of injury can also decrease.

QUESTIONS TO ASK ABOUT YOUR WORKSTATION.

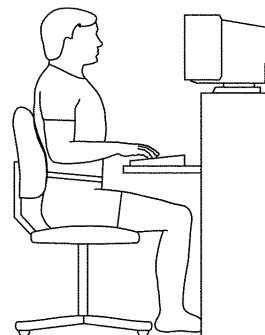
1. Are you using proper body mechanics? If you're not sure obtain information on proper body mechanics from your physiotherapist and use the concepts during activity.
2. Are you keeping the items that you need within close and easy reach? If not, rearrange your space so everything is convenient to reach.
3. Are you using the correct tools? Do they fit your hands properly and are they padded if necessary? Does your chair give you the support you require? Do you need a footrest?
4. Are you taking regular and periodic breaks so that your hands and body are not subjected to too much fatigue? If not, plan short breaks throughout the day.

5. Are you maintaining a regular exercise program? If not, consult with the proper health professional regarding proper diet, basic exercises/stretchers as well as getting enough sleep and rest.
6. Is your computer or desk station set up so that you have good posture, and that you are not always twisting in one direction over and over?

If not, examine the diagram below to make sure the chair and desk station is set up correctly. Be sure there is proper lighting.

CORRECT POSTURE

- Hips and knees should be at 90 degrees, feet flat on floor/footrest.
- Shoulders should be relaxed (not elevated) and elbows should be held at 90 degrees.
- Monitor should be at eye level.
- Keyboard should be positioned so wrists are not bent up or down or twisted.
- A Lumbar roll or support should be used to provide low back support.
- Feet should be supported either on the floor or with a footrest.



If you are not sure if you have set your workstation set up correctly, call us at Burrard Physiotherapy as we have qualified therapists on staff who can come out to your workplace for an onsite assessment.

CLINIC HAPPENINGS:

I am proud to announce that Burrard Physiotherapy won the Consumers Choice Award for best Physiotherapy Clinic in Vancouver. This is the second time we have been honored in this manner and it is a testament to both our therapists and administrative staff.

In July, we bid farewell to Julie Fairweather, our clinic manager. I have taken over the administrative elements of the position and you will see a new part time receptionist in the next couple of weeks. Everyone here had a great summer, with most of the therapists taking time off. Antony will be away most of October, and Bryn will be away the last week of October. Looks like we will all be around after that until the end of the year.

As always if you have any questions or concerns, please do not hesitate to contact me, or your treating therapist.