



Perfecting your posture at work



Name: Patrick Smythe

Qualifications:

Dip Remedial Massage,
Diploma of Natural
Therapies

Speciality: Soft Tissue,
frozen shoulder

Clinic Hours:

Creek St - Tues & Thurs
Ann St - Wednesdays

**Experience—8 years
massage and 6 years
with Aussie Backrub**

Interests: Computers,
cycling, Kahuna
Massage, escaping
the city.

Could your back pain be a result of a poor workstation set-up?

Poor posture at work is a major contributing factor to injuries that involve muscles, tendons, joints or ligaments. Work tasks which involve awkward or restrained postures put stress and strain on the body. As well as causing physical injuries, a bad work-place setup can lead to increased stress levels and mental fatigue.

When these postures are repeated or held for long periods of time, the risks are magnified quite intensely. It is extremely important to ensure your workstation layout is designed to help minimise any extra stress or strain on your body.

Make it a priority to take the time to assess your workstation and make any changes throughout the day to help you remain comfortable.

There are four main areas that are common to the majority of workstations that need to be addressed.

These include:

Chair - Having the right support is very important. Your chair should be

easily adjustable in height and in angle and provide good lumbar support. Always adjust the height of your chair so that your knees are level with your hips and your feet are placed firmly on the floor.

Position - Ensure that your neck and shoulders are relaxed, elbows are by your sides and that you are seated at a comfortable distance away from the keys (the length of your forearm).

Screen position - Ideally, the top of your computer screen should be approximately eye level or above and about 60—70cm from your eyes. When facing straight ahead with your head erect, you should be no higher than the top of the screen.

Keyboard position - The keyboard should be placed 6-7cm from the edge of the table to allow the forearm/wrist to rest when you are not typing. Try to move from the shoulder and elbow when accessing the keys.

Other tips

Take frequent vision breaks by glancing away from the computer and focusing on a distant object for 10-15 seconds every 30 minutes of monitor use. **Take a 5 minute break every hour from the keyboard.**

“Take a 5 minute break every hour from the keyboard.”

Make sure you involve tasks such as filing,

photocopying, returning phone calls etc, or simply standing up to stretch, move around and change body posture. This will stop you from slouching over for long periods of time.

OUR TIP!
Book in for a 15 minute or 30 minute backrub in your lunch hour!



Name: Aran Bright

Qualifications: Cert IV Remedial Massage

Specialises in:

Remedial Massage,
Deep Tissue,

Clinic: Creek St -
Mon/Tues/Wed/Fri

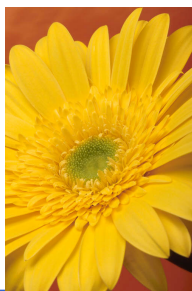
Experience 4.5years

Interests: Cycling,
Martial Arts and
cooking.



Cold & flu season

Coming into winter everyone seems to be coughing and sneezing! **Boost your immune system with an Acupuncture treatment, or have a post flu massage** to relieve the body aches and clear your lymphatic system. We also stock a range of NRG energy oils at both our clinics which can assist you to breathe easier this winter. Ask about our **purify blend**, which contains eucalyptus, peppermint, lemon and ginger to cleanse your system and aid in respiratory recovery.



**Don't forget Mum on May 14!
Why not surprise her with a gift voucher
for a massage or some relaxing bath salts?**

Sciatica...cramping your style?

Sciatica is a *set of symptoms* rather than a diagnosis in itself (meaning it does not explain the cause of the pain). Sciatica is a general term that refers to pain caused by compression or irritation of one or more nerves exiting the lower spine that make up the sciatic nerve, and there are a number of different conditions that can cause this. The medical term for sciatica is a **radiculopathy**, which means that a spinal disc has extended beyond its normal position and is irritating the radicular nerve (nerve root), which connects with the sciatic nerve.

The sciatic nerve branches off as it travels down the lower extremity through the back of the leg, and thus pain can be experienced along this route. **Active exercise is important for sciatica relief.**

Although you may feel like you want to rest, exercise is better for healing sciatic pain than staying immobile. Without exercise and movement, the

back muscles and spinal structures become de-conditioned and less able to support the back. This weakening can lead to back injury and strain, which causes additional back pain.

Exercise is also important for the health of the spinal discs. Many sciatica exercises focus on strengthening the abdominal and back muscles in order to give more support for the back. Stretching exercises for sciatica target muscles that cause pain when they are tight and inflexible. **Specific sciatica exercises depend on the cause of the pain.**

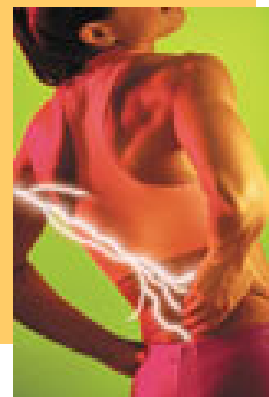
A massage therapist, personal trainer, chiropractor, osteopath or other spine specialist who treats back pain and leg pain associated with sciatica may recommend exercise as part of a treatment program.

It is important to first get an accurate diagnosis for the cause of sciatic pain, as the specific exercises recommended will depend on the cause of the sciatica.

Suggestions for managing sciatica include:

- Rest
- Over-the-counter painkillers
- Ice packs
- Proper posture
- Resting the back by not bending, flexing or lifting heavy weights
- Warm baths
- Sleeping on a mattress that is neither too soft, nor too hard
- Ergonomic furniture, such as chairs with lumbar support
- Gentle exercises to strengthen and support the lower back.
- Massage
- Acupuncture
- Osteopathy

Don't put up with the pain of sciatica. It can be relieved with massage, acupuncture, osteopathy & stretching. Ask your therapist how we can help!



INTERESTING FACTS.....



75 - 90% of initial visits to doctors surgeries are stress related.

A jiffy is an actual unit of time for 1/100th of a second. Thus the saying I will be there in a jiffy.

Your thumb is the same length as your nose.



We currently have in stock a range of **Therabands** which can be incorporated into your stretching routine. Therabands are stretchable rubber resistance bands which have different strengths depending on your requirements. **Ask your therapist about them on your next visit!**

your pathway to great health

Shop 3, 69 Ann Street
Brisbane Q 4000
Phone: 07 3229 9334

99 Creek Street
Brisbane Q 4000
Phone: 07 3229 0115

www.backrub.com.au

- Visit www.backrub.com.au to subscribe to *Healthy Pathways* -

- We would love to hear your feedback—call our clinic or email aussiebackrub@yahoo.com.au -