

Working From Home Basics: Keeping it Safe and Simple

Dr. Kerry L. Field, PT, DPT, CSCS
Peak Sports and Spine Physical Therapy
Factoria Clinic, Bellevue, WA

Home Workstation Tips 101

Quick tips to help make sitting in front of a computer more comfortable:

- Keep your monitor at eye level
- Place your keyboard close to your body, avoid reaching too far forward
- Sit in a chair with back support to avoid slumping
- Feet should be firmly supported by ground, or foot rest if you cannot reach the ground
- If possible, use a desk that can convert from sitting to standing

Phone Calls:

- Avoid tilting your head to hold phone between ear/shoulder
- Use headset/headphones when possible to keep head in neutral position
- Use Speakerphone when able to avoid neck/head tilt

While Texting:

- Try to keep phone screen at/near eye level to avoid bending neck
- Keep your neck relaxed/avoid shrugging shoulders
- Use your index finger to prevent overuse of your thumb
- LIMIT YOUR TIME

General Tips:

- Keep muscles loose by taking standing/walking breaks every 30-45 minutes
- Give your eyes at least brief rest by looking away from computer every 20 min, try focusing on a distant object out window or looking about the room

“Finding your best space” checklist:

- Chair/Seating System:

Does it adjust or not?
Back rest vs. Seat “tilt” angle
How is the armrest height/do I have any?

- Table Height:

Does the height adjust in any way?
Is there room for my legs?
Am I shrugging my shoulders?

- Laptop Vs. Desktop computer use:

Is it possible to have the monitor and keyboard in places my neck and shoulders are relaxed?

- Multiple monitors?
Ensure you're looking at your main screen with your head facing forward comfortably

- Are your feet touching the floor?

Flat or Angled footrest for sitting
Consider an Anti Fatigue Mat for standing areas

Am I taking breaks?

Create for yourself opportunities to get up frequently and move
Use smaller glass for water/water bottle in order to get up for refill
Set phone/computer alarms for movement breaks
Your EYES need a break too! Look around the room, out the window, etc
What are you doing with your "would be" commute time?

Back to back team/group online meetings? Take a stretch break between each one!

Access easy stretching exercises you can do from your desk, or anywhere at home, without the need for equipment!

Patient Portal Access: <http://peaksports.medbridgego.com/>
Access Code: FK4ELCVF

Not all workspaces are optimal. Make sure yours works for you the best it can!

Still struggling with pain management or have specific concerns?

Telehealth Physical Therapy is covered by mandate in the State of Washington due to Covid 19 - Take advantage of this benefit!

For further questions or if you find yourself lacking options regarding online/telehealth physical therapy for more specific home assessment? Reach out!

KField@peaksportsandspinept.com or call the clinic at (425) 653-7100

Remember, "If you don't make time for your wellness, you will be forced to make time for your illness. Read that again."

You only have one body. It's worth it. Stay well!