



## Tips for a healthy office setup.

### ESSENTIAL PHYSIOTHERAPY

For many of us, a typical day can involve hours of sitting in front of a desk. When you have a seemingly never-ending list of tasks to complete, your long-term health can be the last thing on your mind. However, we know that prolonged sitting, especially in a poorly set-up workspace can have a huge impact on your body in the long term. Below are some tips that can help you set up your workstation properly.

#### Chair Setup

The height of your chair should be adjusted so your feet are flat on the floor and your thighs parallel to the floor. Your arms should be able to rest comfortably at the height of the desk. Arm rests should be low enough that elbows can be bent between 90-110 degrees and not winged out. *Hands, wrists, and forearms* should be in a neutral position and parallel to the floor. A cushion (like a rolled towel) may be added on the chair to add support for the lower back. If the chair is too high, you can use a footrest to make sure your feet are rested comfortably.

#### Desk Setup

A 20-to-40-inch distance of the monitor from your face is advisable to reduce eye strain. Place your keyboard at the center of your desk, which should be 1-2 inches above your thighs. You want the monitor and keyboard to be directly in front of you. Keep the mouse within easy reach of your keyboard. The top of the screen should be slightly below eye level.

#### Other tips for setting up your workstation include:

- Put everything you need within easy reach.
- Don't slouch. Practice moving in and out of a good posture.
- Stand up to reach anything that can't be comfortably reached while sitting.
- Take active breaks from sitting every half hour or hour. Set an alarm that reminds you get up and stand and stretch for ten seconds then sit back down.

#### Transitioning to a standing desk:

Even better than all these tips is to set up a standing work desk. Many people are making the switch to a movable working desk that allows you to spend periods of your working day on your feet with great results. Here's some advice to make the transition a smooth one.

- Get in the habit of standing for certain tasks and sitting for others. For example, complete repetitive tasks, phone calls or data entry while standing and more complex tasks while sitting.
- Reconsider your footwear. When standing, your feet and their support become more important than when you're sitting all day. More comfortable shoes might be a worthy investment.
- Slowly increase the amount of time you spend standing to allow your body to adjust.



## BRAIN TEASERS

1. How do you get 24 from 6, 9, 11 and 3 using addition, subtraction, multiplication and division?
2. A bat and ball together cost \$1.10, a bat costs a dollar more than a ball on its own. How much does the ball cost?

## PhysioTip

No time to exercise? Here's a 20-minute workout.

Warm Up (5 Min) – Short jog, x 10 squats, x10 lunges

Run (100m) – x1 at 50%, 75% and 100% (walk back and repeat)

Sprint (50m) – x5 at 100% (walk back and repeat)

Stretch (5 Min)

# Shoulder Impingement

## What is Shoulder Impingement?

Shoulder impingement is a very common shoulder condition, also called *painful arc syndrome*, *supraspinatus syndrome*, *swimmer's shoulder* and *thrower's shoulder*, it is due to mechanical compression and irritation of the soft tissues around the shoulder joint. It occurs in people of all ages, and affects males and females equally. If the impinged tissues are not treated appropriately, they can become extremely painful and cause significant difficulty during day-to-day activity.

## How does it happen?

Shoulder impingement occurs when the tendons or bursa in the shoulder are compressed against the humerus (upper arm bone) and the acromion process (a bony part of the top of the shoulder blade that protects the shoulder). This typically occurs in people who perform lots of repeated overhead activities. Some people also have bone and joint structures that put them at more risk than others in developing this condition, for example a curved or hooked acromion rather than a flat one.

Shoulder impingement is usually classified in two ways: (1) Primary impingement - this usually happens in people over 40 years of age due to degeneration of the rotator cuff tendons, acromion process, and shoulder joint resulting in reduced space for soft tissues during shoulder movements; and, (2) Secondary impingement - typically seen in people aged 15 to 35 years old. In these cases, impingement is usually due to poor movement patterns and muscle imbalances that lead to impingement.

## What are the signs and symptoms?

Pain located at the front or side of the shoulder during arm movements is the most common symptom of shoulder impingement. This pain typically occurs in an "arc" as a person lifts their arm. The start of the movement will be painless, becoming increasingly painful as the movement progresses and eventually is pain-free again. Pain with overhead reaching is a common complaint particularly in mid-range. The onset of pain is typically gradual with no known trauma.

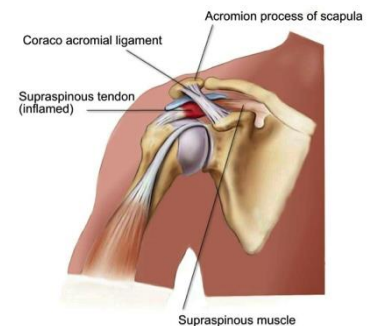
Many people complain of difficulty with performing activities such as doing up buttons, zippers or getting a wallet from the back pocket. Patients will eventually avoid using the involved shoulder, which then leads to muscle weakness. Loss of movement will also develop due to pain. Pain may also interfere with sleep, particularly when rolling onto the involved shoulder.

## How can physiotherapy help?

The primary goal of physiotherapy will first be to reduce pain before eventually restoring function and strength to the shoulder. Your physiotherapist will achieve this through stretching exercises, retraining of movement patterns, muscle releases, taping and resistance exercises. As the level of pain starts to decrease, strengthening exercises will be increased to allow your shoulder to function at its optimal level.

An important part of physiotherapy treatment is also education, which allows you to avoid a re-occurrence of shoulder impingement in the future. For patients who don't respond to physiotherapy, cortisone injection or surgery are options to explore.

**None of the information in this newsletter is a replacement for proper medical advice. Always see a medical professional for advice on your individual injury.**



Answers:

1.  $(6-3) \times 11 - 9 = 24$ 2. A ball costs 5c ( $5c + \$1.05 = \$1.10$ )

### Ingredients

3 cups ground flaxseed meal

2 tablespoons coconut oil

 $\frac{1}{2}$  cup agave nectar or maple syrup $\frac{1}{2}$  teaspoon sea salt $\frac{1}{4}$  cup water

## Raw Pancake Recipe

1. Place all ingredients in a large bowl and mix thoroughly with a spoon.
2. Form into pancakes. This recipe makes 6 pancakes.
3. Serve with a generous helping of your favourite fruits like fresh or thawed raspberries, blueberries, blackberries, sliced bananas or whatever suits your fancy.

*This recipe can be kept in the refrigerator for up to three days.*

**Recipe from the Rawtarian. See this recipe and more with some great nutritional facts on all recipes at [www.rawtarian.com/raw-pancake-recipe](http://www.rawtarian.com/raw-pancake-recipe)**

## Life Hacks

If you're done with an essay, copy and paste it into Google Translate and listen to it. It's the easiest way to check for mistakes.

Having trouble falling asleep? Try the 4-7-8 technique: 4-second inhale, 7-second hold, 8-second exhale and repeat.

If your printer is out of black ink, go back and highlight all the text changing it to dark blue and reprint. It will look almost identical to printed black text.

[1000lifehacks.com](http://1000lifehacks.com)



18 Olivedale St  
BIRDWOOD SA, 5234

39 Queen Street  
WILLIAMSTOWN  
SA, 5351

For Appointments:  
Call (08) 8568 5455  
Text 0413597417

Or Through Our Website At  
[www.essentialphysio.com.au](http://www.essentialphysio.com.au)