



SPINE HEALTH AND WORKPLACE PAIN PREVENTION

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TODAY'S AGENDA

- ∞ Sitting related complaints
- ∞ Sitting posture tips
- ∞ Workplace set-up
- ∞ Sitting fatigue prevention
- ∞ Benefits of physical therapy

HOW DO YOU FEEL WHEN YOU SIT ALL DAY?

- ∞ Tired
- ∞ Restless
- ∞ Sore
- ∞ Uncomfortable
- ∞ Anxious



SITTING RELATED COMPLAINTS

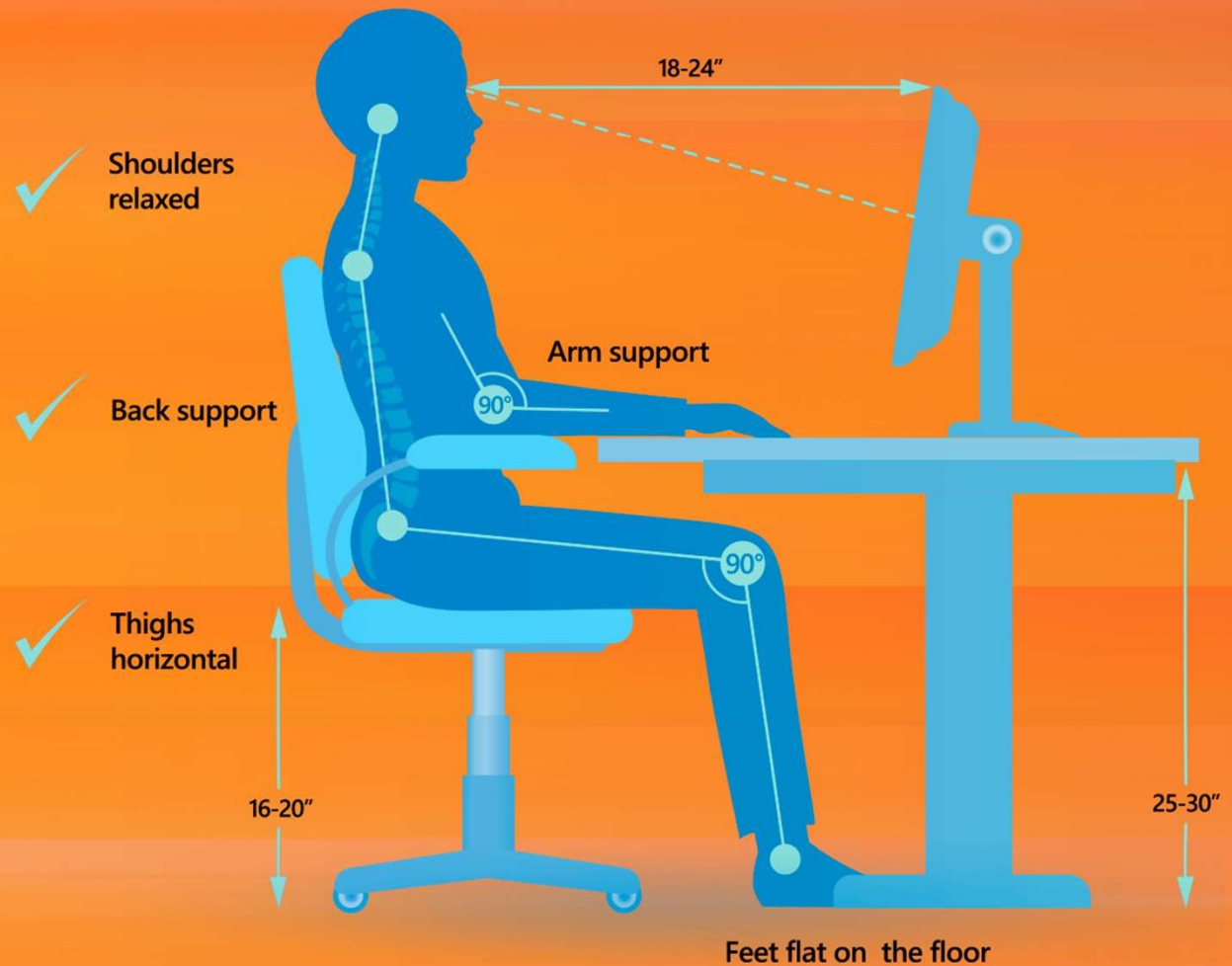
- ∞ Headaches
- ∞ Stiff neck
- ∞ Sore shoulders
- ∞ Low back pain
- ∞ Tired hands/wrist/fingers



WHAT DO I DO NOW?

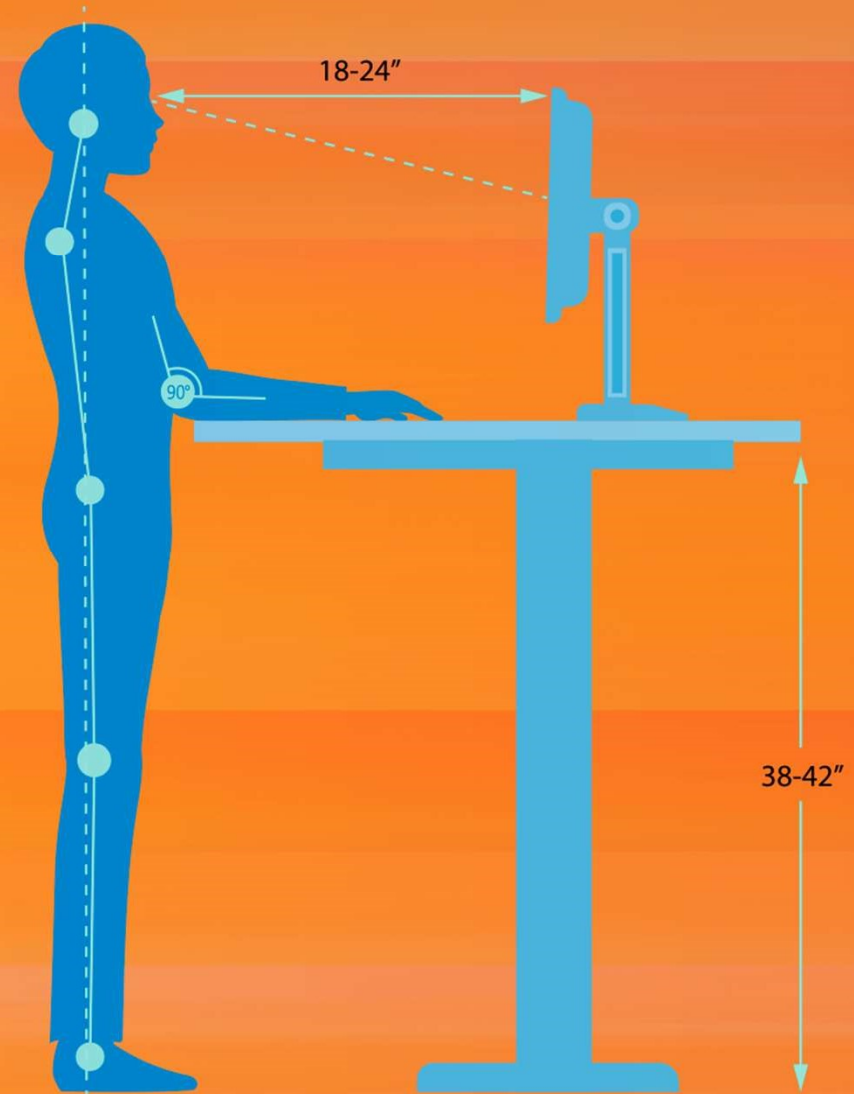
- ∞ Proper workstation setup
- ∞ Keep moving
- ∞ Consistency is key
- ∞ Be patient, changes take time

CORRECT SITTING POSTURE



CORRECT STANDING POSTURE

- ✓ Shoulders relaxed
- ✓ Straight back
- ✓ Pelvis in neutral alignment
- ✓ Circulation in legs
- ✓ Hip, knee and ankle joints aligned with gravity line



KEEP IT SIMPLE

- ∞ Change positions
- ∞ Move often and frequently

THE BODY CRAVES AND NEEDS MOVEMENT

GET UP AND MOVE

Staying in one place can lead to:

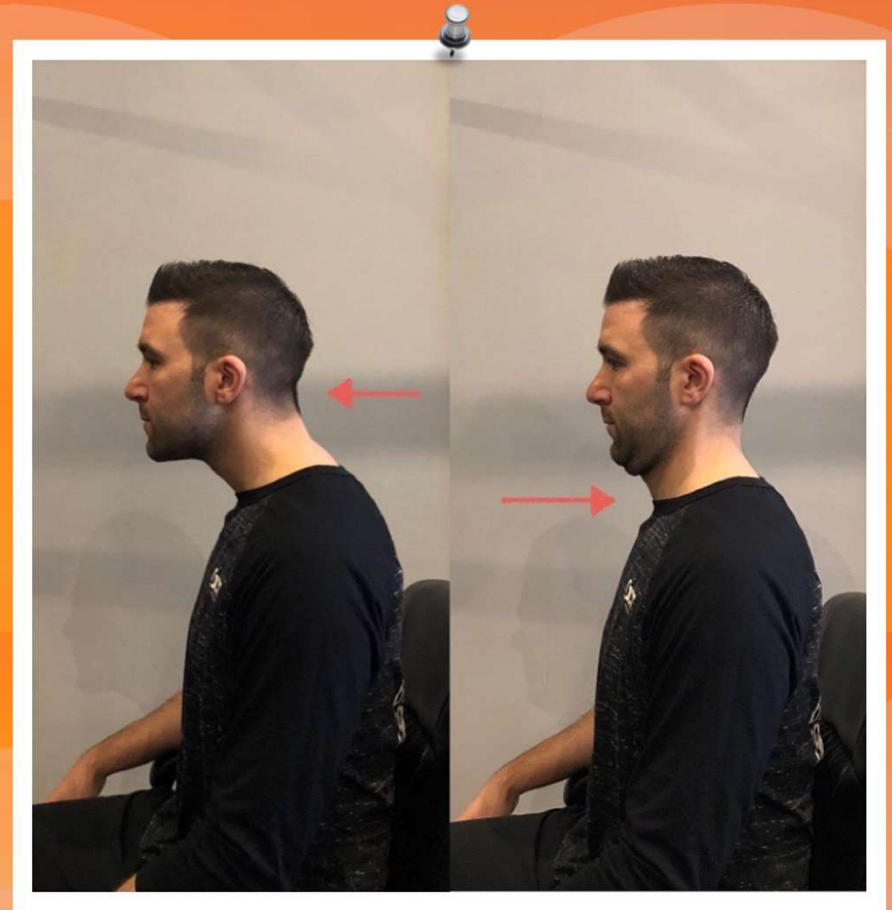
- ∞ Muscle tightness
- ∞ Joint stiffness
- ∞ Decreased blood flow

EXERCISES AT YOUR DESK

- ∞ Chin tucks
- ∞ Shoulder rolls
- ∞ Shoulder blade pinches
- ∞ Mini squats
- ∞ Leg extensions
- ∞ Heel raises

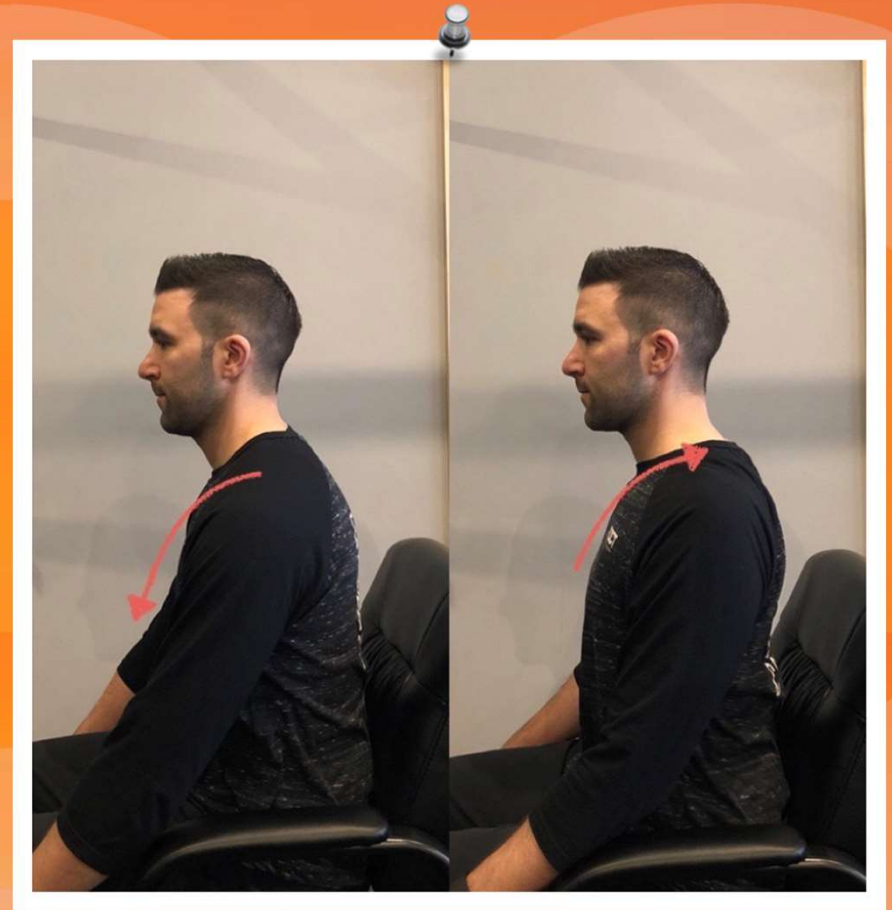
CHIN TUCKS

Slowly move your chin toward your chest (giving yourself a double chin) so that your ears are in line with your shoulder



SHOULDER ROLLS

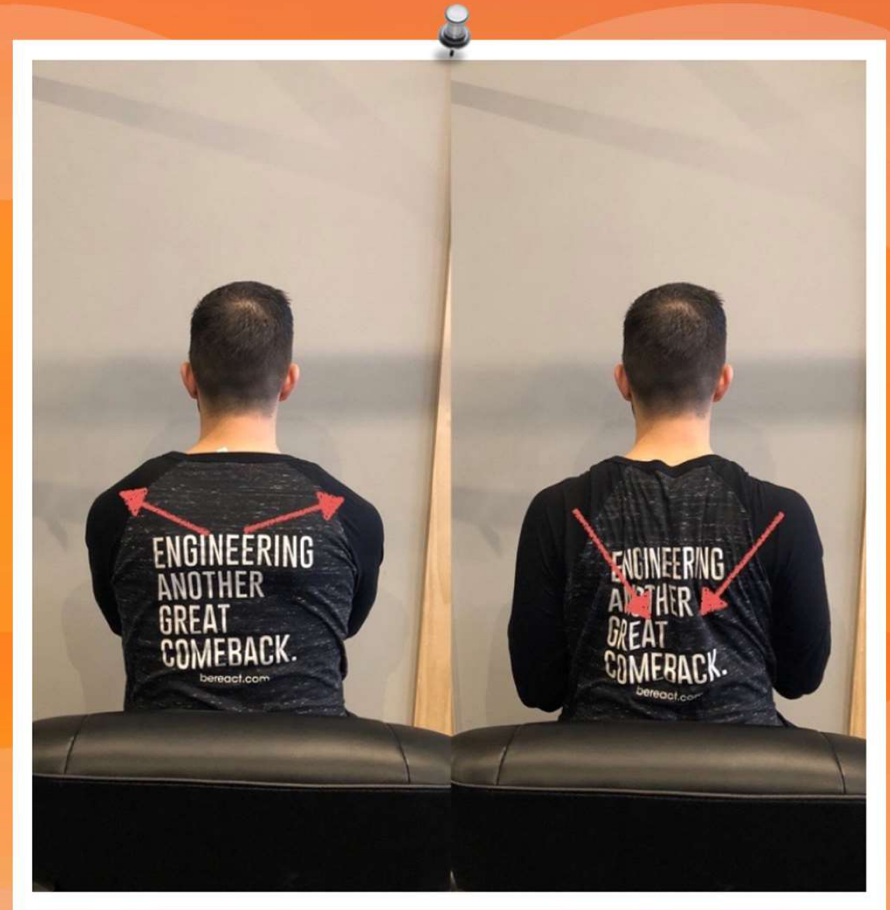
Roll your shoulders back and down, avoid overextending your mid back



SHOULDER BLADE PINCHES

Squeeze your shoulder blades together (hold for 3 seconds) and relax.

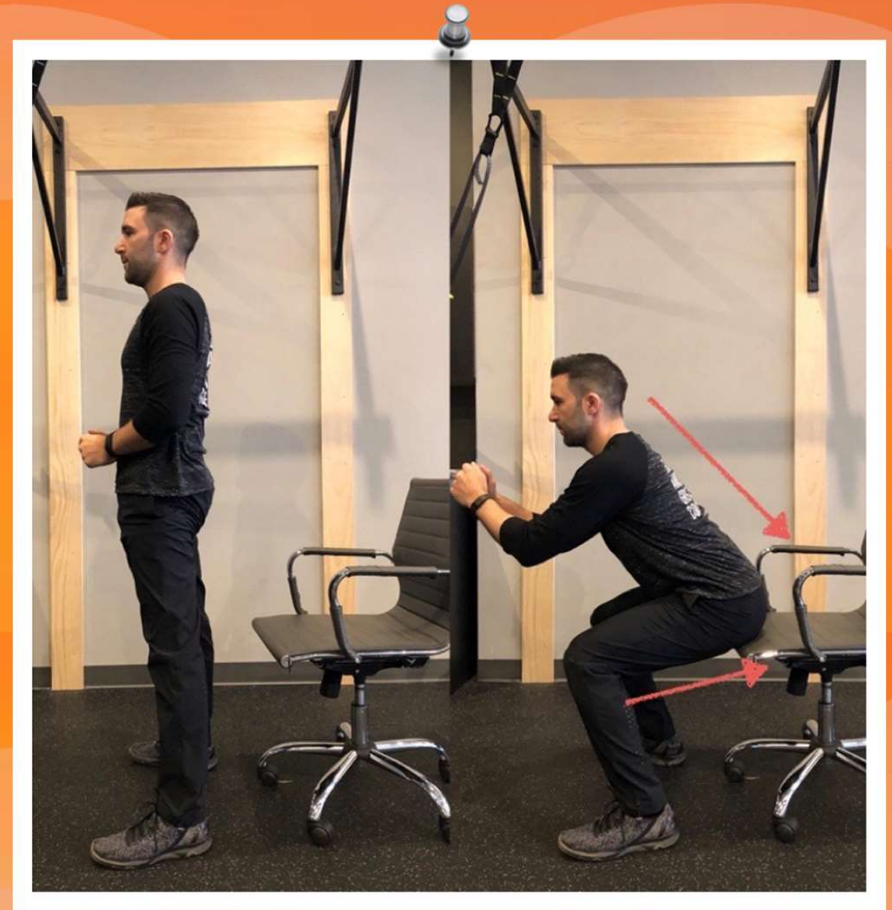
Avoid shrugging while performing this movement.



MINI SQUATS

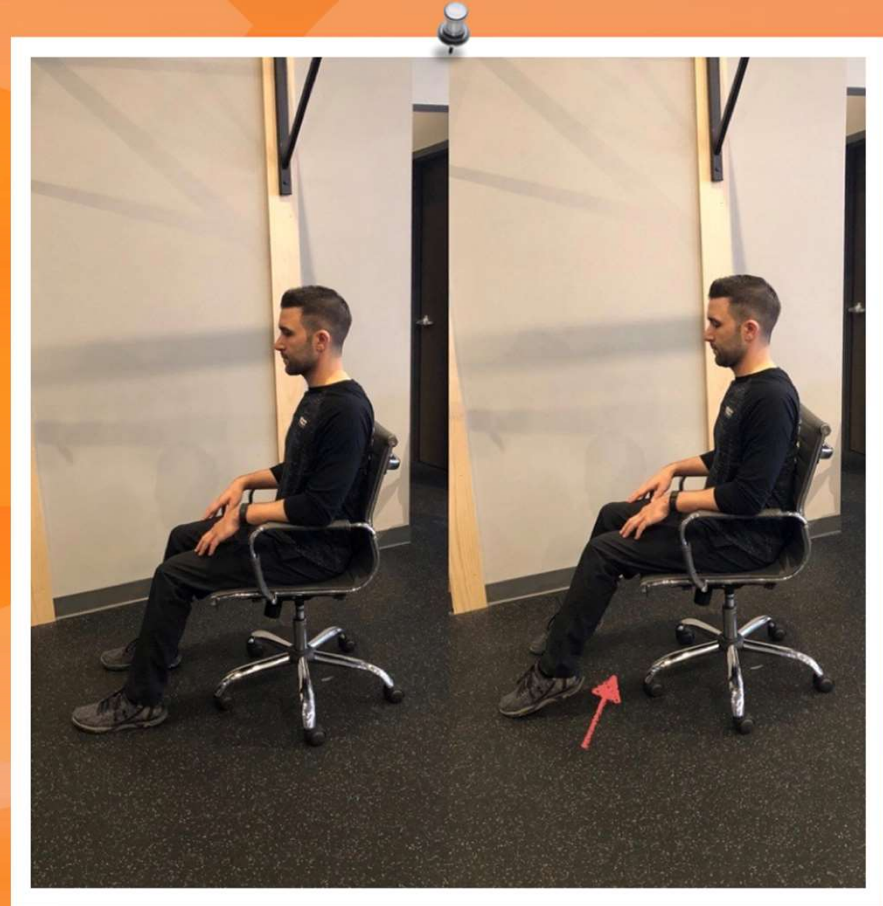
From a standing position, sit back. Focus on driving your hips back, keeping your chest up.

Avoid letting your knees bend too far forward over your toes.



HEEL RAISE

With your feet flat on the ground, lift your heels up (hold for 3 seconds) and repeat.



WHAT IS GOOD POSTURE?



RECAP

- ∞ There are ways to make your workstation better
- ∞ Don't stay in on position for too long
- ∞ Keep moving
- ∞ Stay consistent with exercise
- ∞ Be patient but proactive

DO I NEED PHYSICAL THERAPY?

- ∞ Pain (acute vs. chronic)
- ∞ Exercise plateaus
- ∞ Returning to your desired activity
- ∞ Instilling confidence for pain-free movement
- ∞ Education on optimizing your body's potential

REACT PHYSICAL THERAPY

- ∞ Whole body approach to treatment
- ∞ Dedicated one-on-one time with a physical therapist
- ∞ Constant assessment and reassessment
- ∞ Home exercise program, mobility and strengthening



REACT PHYSICAL THERAPY

- ∞ We offer complimentary pain & injury screens
- ∞ A referral from a physician is not required to start treatment

River North location: 300 W. Ontario

For questions or scheduling call 312-643-1104
or email RiverNorth@bereact.com



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PHYSICAL THERAPY