British Chiropractic Association

'Back' at Work

Advice from the British Chiropractic Association on the perfect PC posture

Whether at home, at work or on the move, more of us are spending large parts of our day using a computer. By sitting and concentrating on the screen for so long, we may not be aware that our position may bet harmful to the spine. To help combat this and protect our backs, the British Chiropractic Association has some advice to keep in mind at the start of each working week:

On the move:

- Make time to check your bag/briefcase each day for items you won't need. Paperwork quickly accumulates and additional weight in your bag is extra weight that your shoulders and back have to bear.
- Use a rucksack design laptop case, carry it on both shoulders and adjust the straps so that the bag is held close to your back.
- If you are on the train and must use your laptop, don't sit for long periods as you are looking down onto the screen with your head unsupported.

At your desk:

- Always take the time to adjust your chair when you start working at a new location.
- Your seat should be adjusted so that your feet are flat on the ground, your knees bent to 90° but with a slope from your hips to your knees. You should end up with your hips higher than your knees and your eyes level with the centre of the computer screen.
- Relax when sitting into your chair, making sure you have your bottom against the seat back and your shoulder blades are touching the back rest of the chair.
- Arms should be flat and your elbows level with the desk or table you are using. Use a seat with arm rests.
- Take regular breaks. Never sit at the computer for more than 40 minutes; less if possible. When you take a break, walk around and stretch a little; do something completely different.
- Remove any obstacles from under your desk to ensure you have enough leg room.
- Never sit and twist your back to use a laptop.

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At home:

- If using a laptop, invest in a stand to place it on (available from PC suppliers) as this ensures the screen is at eye level. You should also buy a normal keyboard and mouse to plug in, making it much easier to use the laptop in a more 'back friendly manner'.
- If shopping for a new laptop, consider buying a stand to enable you to view the screen at the proper height.

Chiropractors treat problems with your joints, bones and muscles, and the effects they have on your nervous system. Working on all the joints of your body, concentrating particularly on the spine, they use their hands to make gentle, specific adjustments (the chiropractic word for manipulation) to improve the efficiency of your nervous system and release your body's natural healing ability. Chiropractic does not involve the use of any drugs or surgery.
The information here is guidance and you should consult a BCA chiropractor or other healthcare professional for further specific advice if you are experiencing pain, have an existing injury or other medical condition.

For more information or to find a BCA chiropractor in your area:

The British Chiropractic Association
Tel: 0118 950 5950
E-mail: ***enquiries@chiropractic-uk.co.uk***
Website: ***www.chiropractic-uk.co.uk***

Like medical practitioners and dentists, all chiropractors are registered by law. Members of the British Chiropractic Association (BCA) are registered with the UK regulator, the General Chiropractic Council and the association only accepts members who have graduated from an internationally recognised college of chiropractic education after a minimum of four years full-time training. The BCA promotes high standards of conduct, practice, education and training.

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