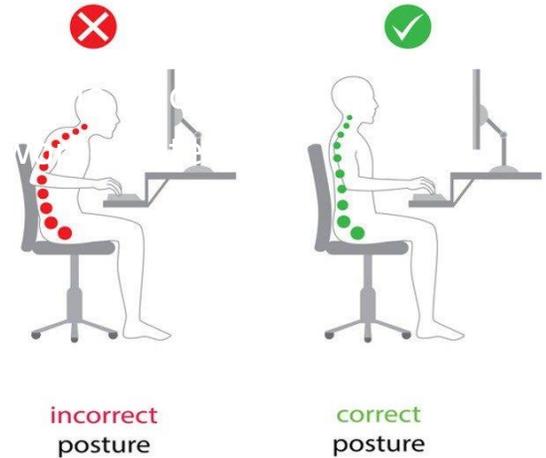


# Remote Ergonomics: Weekly Newsletter #3: Upper Back & Chest



When sitting in a chair for a long period, the natural tendency for most people is to slouch over in the chair, and this posture can overstretch the spinal ligaments and strain the discs and surrounding structures in the spine. Over time, incorrect sitting posture can damage spinal structures and contribute to or worsen back pain. To avoid keeping the back in one position for a long period, remember to stand, stretch or walk for at least a minute or two every half hour. Even a quick stretch or some minimal movement will help. A 20 min walk will help even more, promoting healthy blood flow that brings important nutrients to all the spinal structures. In general, moving about and stretching on a regular basis throughout the day will help keep the joints, ligaments, muscles, and tendons loose, which in turn promotes an overall feeling of comfort, relaxation, and ability to focus productively.

- Inhibits blood flow to and from the heart
- Stifles breathing and diaphragm function
- Shortens muscles in front of body
- Stresses the lower back
- Hyperextends back muscles
- Closes off throat and windpipe
- Constricts the voice
- Habituates bending forward
- Adds pressure to kidneys, adrenals, colon and stomach
- Inhibits cerebrospinal fluid flow
- Inhibits learning
- Invites osteoporosis
- Impedes nerve force from the spine
- Restricts solar plexus (abdominal brain)

**Poor Sitting Posture**

## Well-being tip: Have your workstation checked!

Have someone take a picture of you at your workstation. Make sure to get 4 shots: the left side, right side, from the back, and from above looking down. You can email these pics to Julie or Allison (Certified Ergonomic Assessment Specialists) to have your remote or office ergonomic set up checked. Please sit how you would naturally sit and have your workstation set up so you can get the most out of the evaluation. ☺

Common Problem:	Solutions:
Slouching	Practice sitting in proper posture keeping shoulders back and down. Use back support of chair.
Head being “drawn in” to computer screen due to glare or monitors not in proper position	Make sure monitor is at appropriate distance from head when sitting properly. If using one monitor, try placing it at arm’s length away or 18-24in from face. If using two monitors, try placing 30-36in away from face. This will require less leaning in or neck rotation.
Discomfort or fatigue in shoulders and upper back	Take frequent ergo breaks. Get up and move around, change positions, and try the muscles relieving stretches below!

Try one of these videos to the chest and upper back muscles!

<https://www.youtube.com/watch?v=g8J6jqdqzck>

<https://www.youtube.com/watch?v=TYqiHqikZJA>

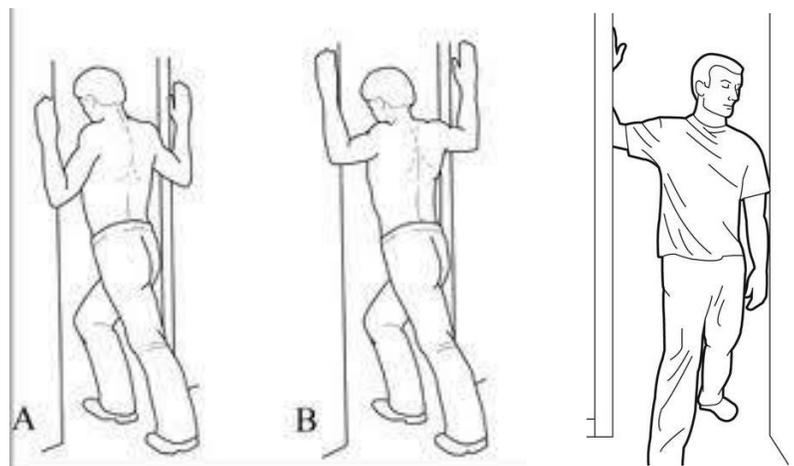
<https://www.youtube.com/watch?v=er89OXvVWHs>

<https://www.youtube.com/watch?v=bTn89EBKJdM>

### Chest Stretch



Hold the backrest of the chair. Roll your shoulders down and back. Draw your shoulder blades together. Lean forward, open the collar bones and stretch the front of your chest. Breathe deeply 5-6x! Enjoy!



#### UPPER BACK STRETCH

**TIP**

Tuck your chin and keep your shoulders down and away from your ears.

