

Back Pain

I have chronic back pain and a disc bulge in L4. It's getting worse, even though I do the exercises my chiropractor and physical therapist recommend (though not in the exact number of counts). What am I missing? Also please share any recommended exercises for the upper back.

If you're having chronic neck pain or back pain, try some of the stretches mentioned in this webinar presentation. If any of these are causing you pain or discomfort, make sure to check in with your provider so they can modify your stretches and/or treatment plan.

Our physical therapists and chiropractors are here to personalize your care. In the meantime, try to move within your comfort zone, including general movements like walking around your home.

McGill Stretch

Should I stand on my tiptoes when doing the McGill stretch at the point when we are supposed to reach up as far as possible? Or keep my feet planted firmly on the ground?

You should not stand on your tiptoes while you're doing the McGill stretch. You should have your feet slightly rotated out so you can put your body in more of an external rotation position, and then you can properly perform the McGill stretch.

Typing at 90 Degree Angle

How can I make sure I am typing at a 90 degree angle when my table is higher than my wrist level?

If you're fortunate enough to have an external monitor or an external keyboard/mouse, find a different surface to work at. For example, an adjustable ironing board works great against a wall. You can put it as high or as low as you would like, so you can position it at the best angle.

Generally, you want to adjust your workstation from the floor up. We can always stack more books or boxes underneath to lift up a screen, but most tables and surfaces are fixed so that gets tricky.

When in doubt, try to get creative and use the principals we talked about in this presentation. Try to apply these tips the best you can, but know that it's tough on everybody right now and every ergo setup is pretty unique.

Sit vs. Stand

How much should I stand vs. sit?

There's no perfect percentage of time for everyone. The big point to emphasize is that we're meant to move and your best postures is your next one. If you're not used to standing for extended periods of time, don't all of a sudden switch to standing all day long - that's not good for you either. It is good to change your position frequently.

Ideally, if you can work where you're standing 70-75% of the time, that would be optimal for your health and posture. Don't stand for longer than one hour at a time. For example, stand for 30-40 minutes and then sit for 10, alternate back and forth so you can give your muscles time to activate and contract, and then recover or relax.

Neck Pain

If I am experiencing neck pain, would you suggest an appointment with a chiropractor or physical therapist?

Both our chiropractors and physical therapists are trained and equipped to help with neck pain or any other musculoskeletal issue you may be experiencing. Start where you are most comfortable and they can advise you from there.

