

Observations by Holisticare to healthier working practices

Your body changes and adapts according to the stresses and strains put upon it. Throughout your life, any physical or emotional traumas cause tension, which builds up over time. The rest of your body then has to compensate for these restrictions, which often lead to spasm, inflammation and pain.

Most of us are familiar with getting aches and pains after overdoing a new exercise, or lifting that thing that was too heavy to move on our own. However, most back pain results from the things that we spend most of our lives doing. A common example of this is sitting at a desk all day.

There is a lot of help and advice available to show you the optimum heights and distances of chairs, screens, keyboards, etc. This is very useful and should be followed. But no matter how ideal your posture is at your desk, if you spend hours in the same position, your body will begin to show signs of strain.

Sitting at a desk for long periods of time causes the muscles at the front of your neck, shoulders, back and hips, to tighten. This tension pulls on your joints and makes the opposing muscles – at the back of your body, tighten up to protect your joints. So although you will often experience pain at the back of your neck, shoulders and low back, the reason for it is the tension at the front.

This is where a height adjustable desk can make a big difference.

If you already have a back problem, you will probably have spent time trying to adjust your chair and desk as you get more uncomfortable throughout the day. Having the ability to alter the height of your desk as you feel the need can offer immediate relief of the pain and tension that has been building up.

However, you do not need to wait for a problem to occur before you can benefit from a height adjustable desk. Most of the time that pain builds up as a result of poor posture, there will have been tightness developing too. This tightness may be felt anywhere in your body, and should act as a warning to change position. But if you ignore it, it will increase until it causes pain, which is much harder to get rid of.

Ideally, you should have the flexibility to alter the position that you are working in, according to your body's needs. So as soon as you become aware of tension – whether it is in your neck and back, across your shoulders or anywhere in your body, you need to change how you are working. This is very simple when you are using a height adjustable desk.

In summary, the ability to change your position by following your body during your working hours helps you to manage existing conditions. It will also help to prevent other problems, such as back and neck strain and RSI (repetitive strain injury) from developing.

Nikki Robinson

Nikki is one of the top Myofascial Release practitioners in the UK. She qualified as a Physiotherapist from the Queen Elizabeth School of Physiotherapy, Birmingham in 1993 and then worked in the NHS and in Australia.

She travelled to America and was trained in Myofascial Release by John Barnes, the American Physiotherapist who developed the technique. In 2006 she founded Holisticare, starting the business from scratch and growing it to well over 1000 patients.

Nikki is a member of the Chartered Society of Physiotherapy and is registered with the Health and Care Professions Council. She has joined the Fascia Research Society, giving her access to the latest fascia research and journals from round the world.

Contact

Tel: 01279 718331

Email: info@holisticare.co.uk

Website: www.holisticare.co.uk

