

How to Prevent Pain and Injuries on the Job

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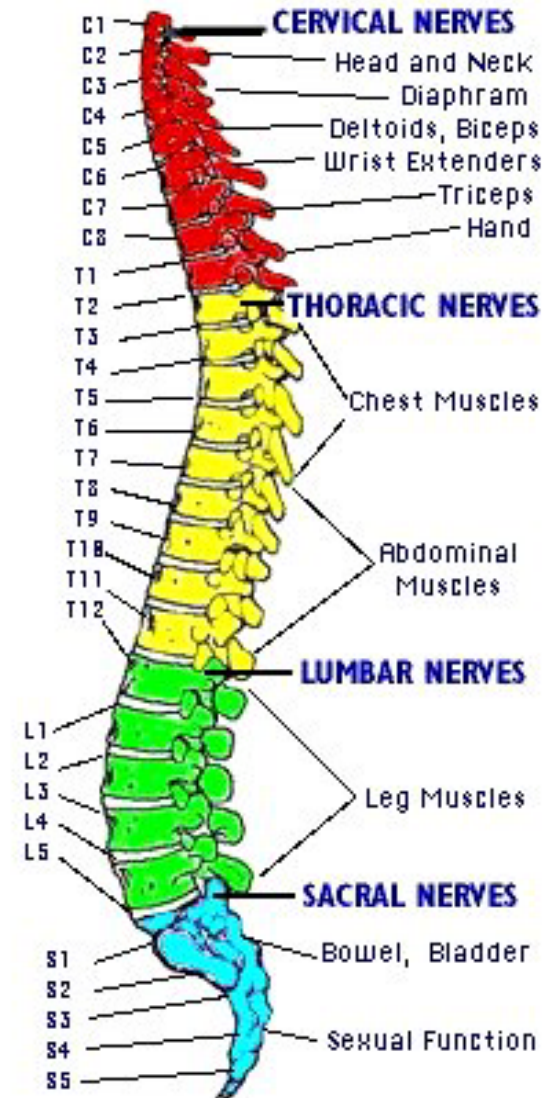
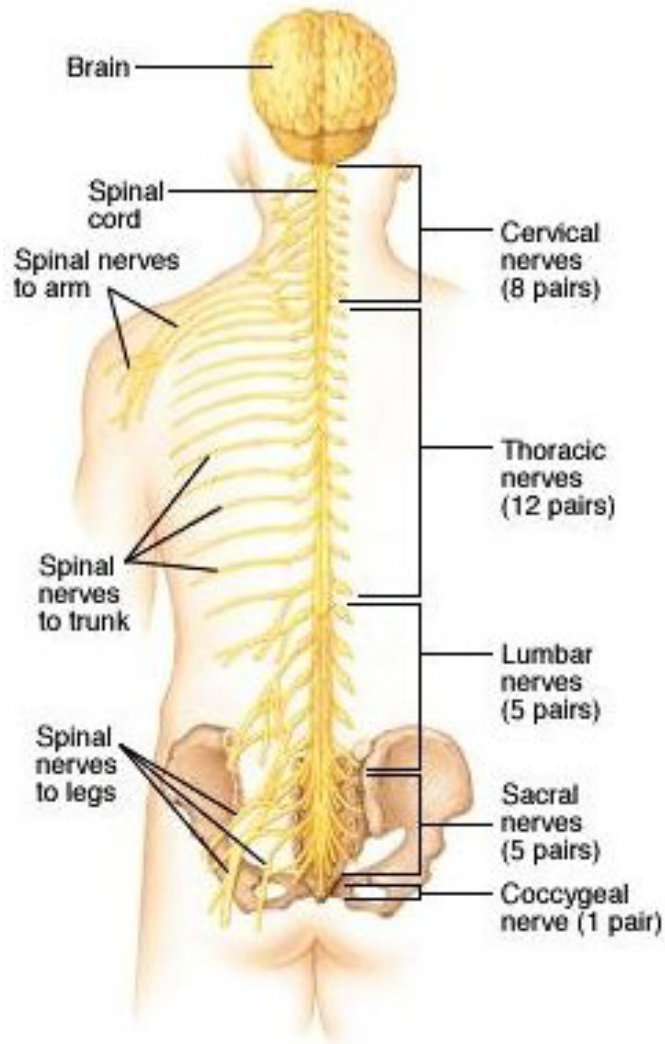
Goals

- **Improve the quality of life for you and family members**
- **Help you live your life with reduced or no pain**
- **Provide you with tools to help you prevent or minimize neck and back pain**

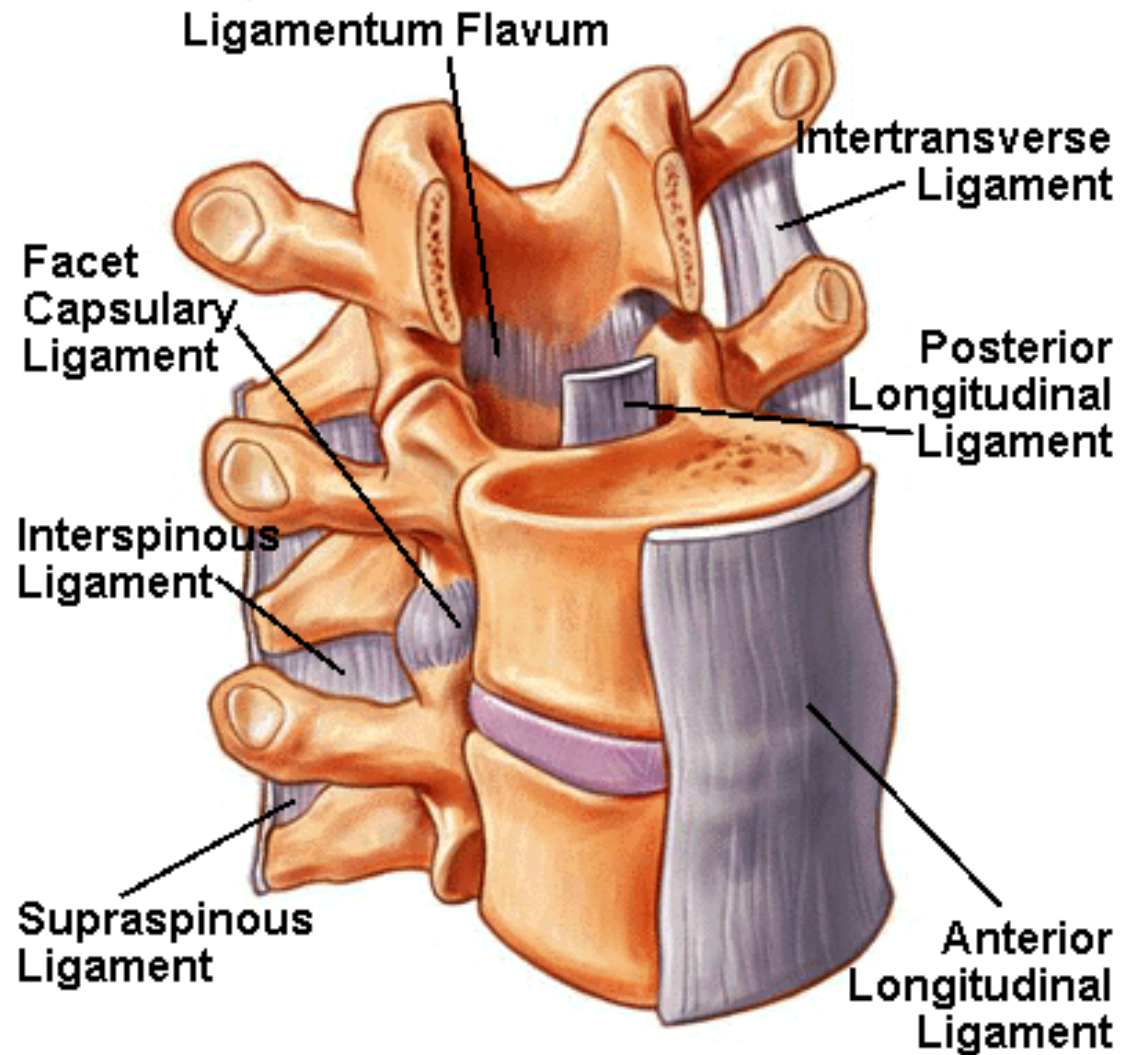
Facts

- **80% of Americans experience back pain at least once in their life.**
- **Back pain is the 2nd most common reason for visits to the doctor's office**
- **Back pain is actually a very complicated thing – there are many pain generators in the low back.**
- **After one back injury, you are 5x more likely to experience a recurring episode.**

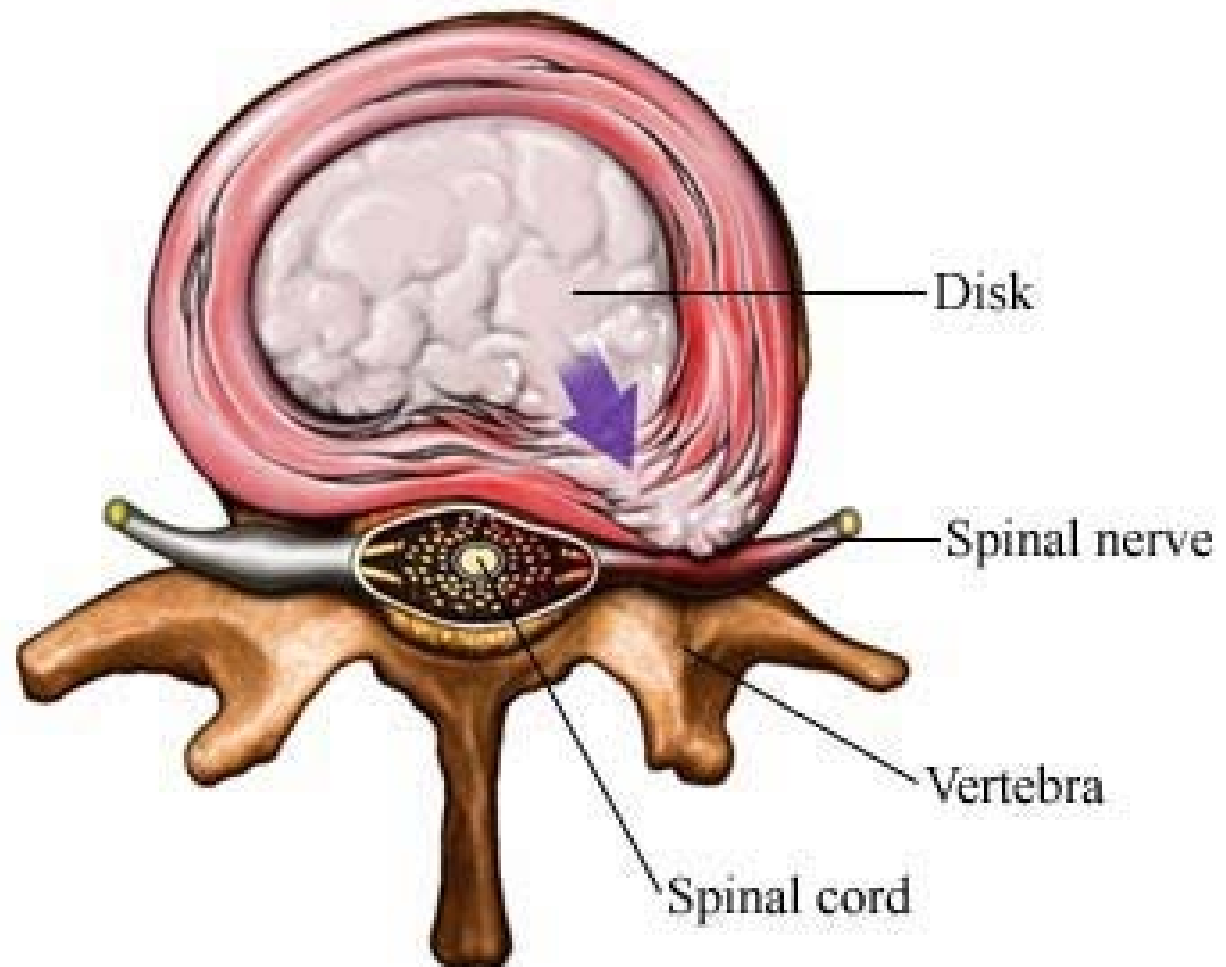
The Spine



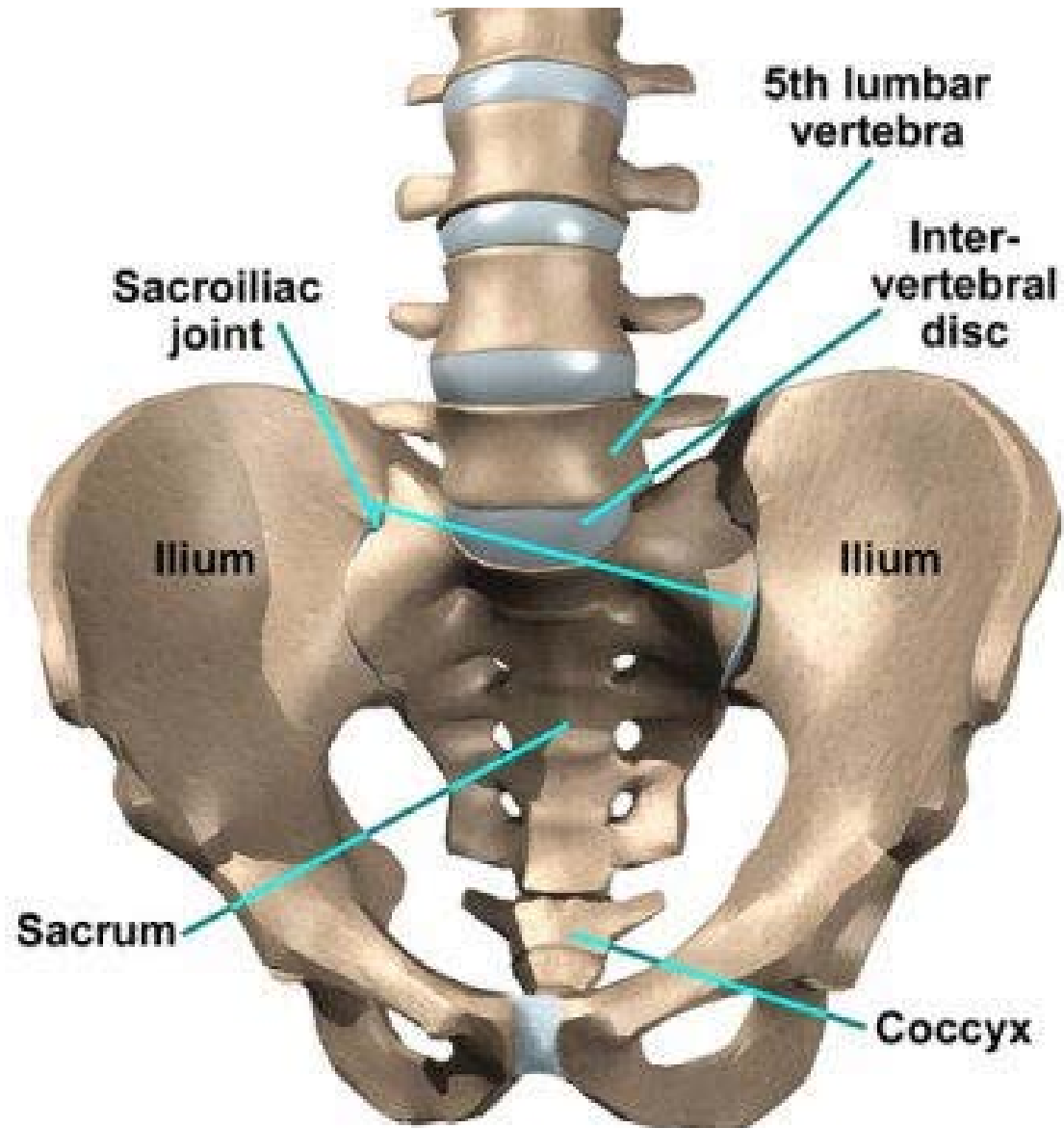
The Vertebral Joint



The Vertebral Joint



Sacroiliac Joint



Body Mechanics, Movement and Posture

- **Proper body mechanics, movement and posture are crucial to preventing back pain**
- **We always want to INCREASE stability and DECREASE stress and strain**
- **Maintaining a neutral curve is very important**

Standing Posture

- A proper standing posture will align the head, low back and lower limbs



Standing for Extended Periods

- To remedy the 'sag' in the back that usually occurs with extended standing:
 - Use a foot stool under one foot, changing feet frequently
 - Use an anti-fatigue mat
 - Open cabinet door and place a foot inside

Prevent Pain when Reaching

- Use a stool or ladder so the item can be positioned at or below shoulder level
- Face the item/load and don't twist – pivot instead, if possible
- 'Brace' abdomen (demonstration)

Sitting

- Your spine is not at rest and is at risk for injury
- Slouching flattens the curve and puts stress and strain on your entire spine
- Use a lumbar pillow or rolled towels to help maintain low back curve

Remember...

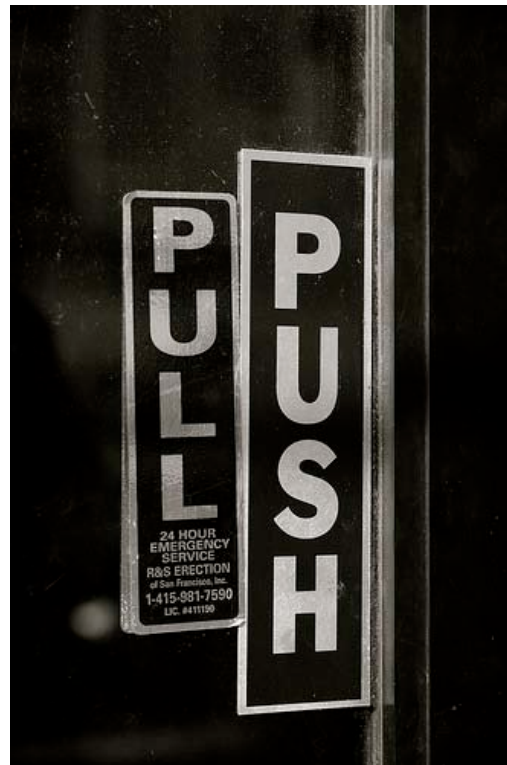
- **Make sure your chair is adjusted properly**
- **Sit with your back supported and feet flat on the floor or other surface**
- **Unless your wallet is slim, keep it out of your pocket**
- **Take frequent breaks**

Lifting



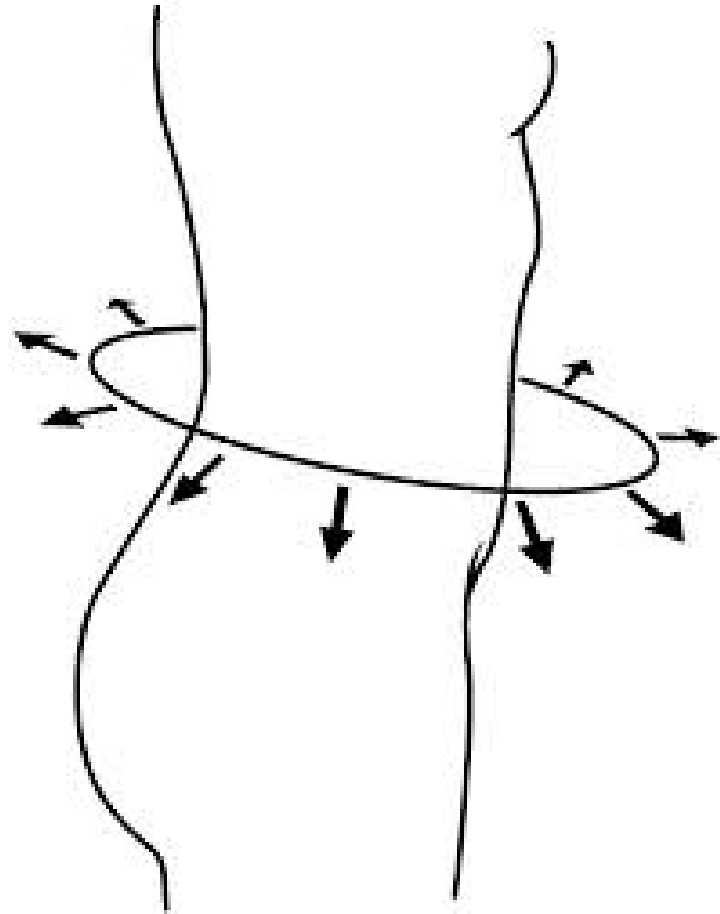
Pushing vs Pulling

- Is one better than the other?



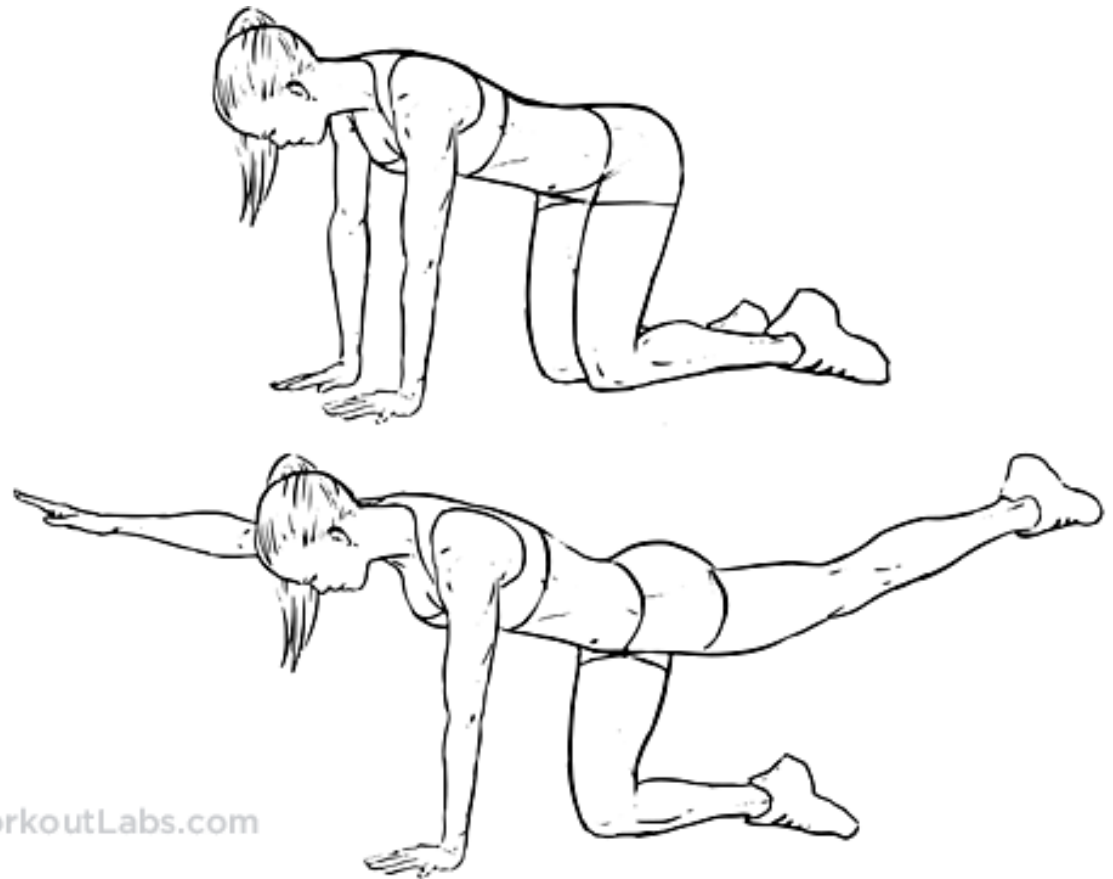
Low Back Exercises

- Bracing



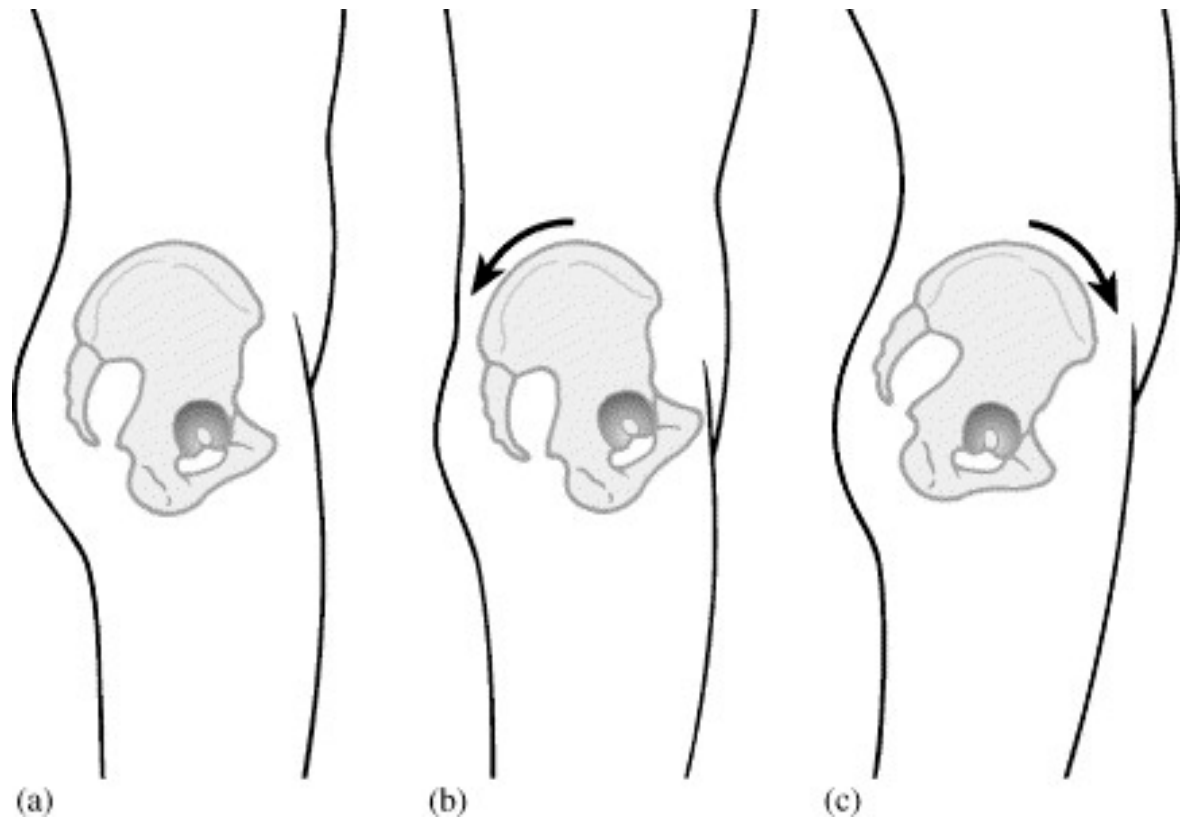
Low Back Exercises

- **Bird Dog**



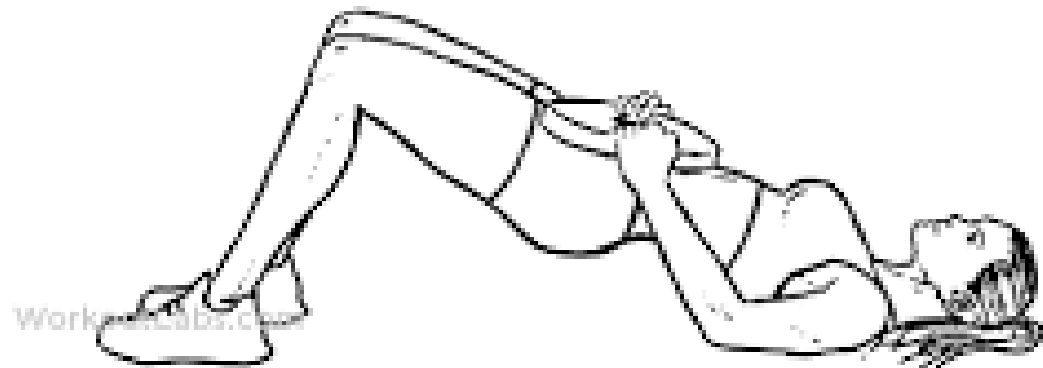
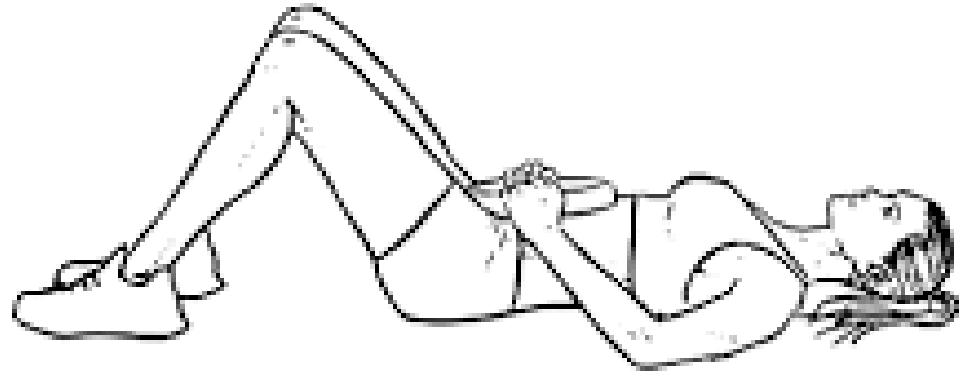
Low Back Exercises

- Pelvic Tilt



Low Back Exercises

- **Bridge**



Neck Exercises

- Bruegger's Relief Posture

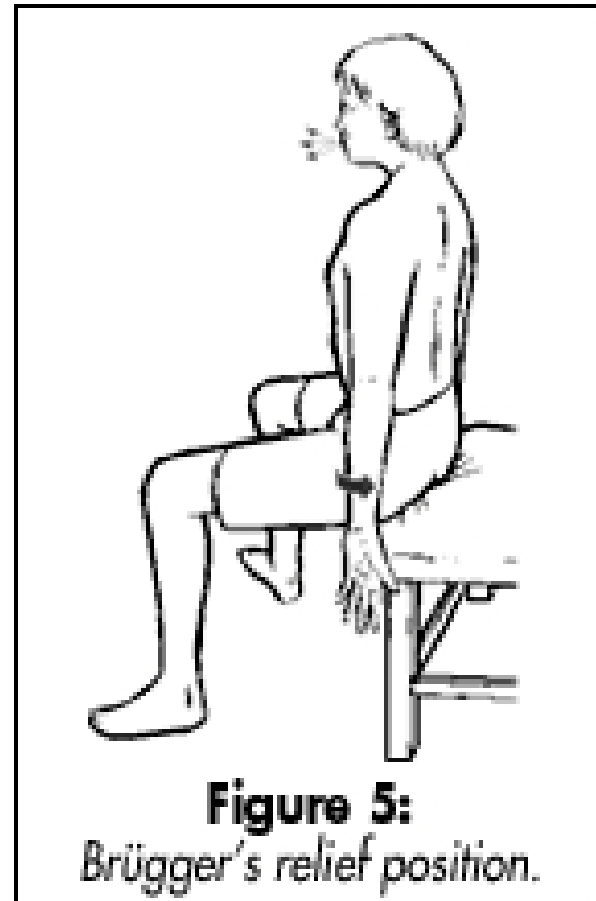
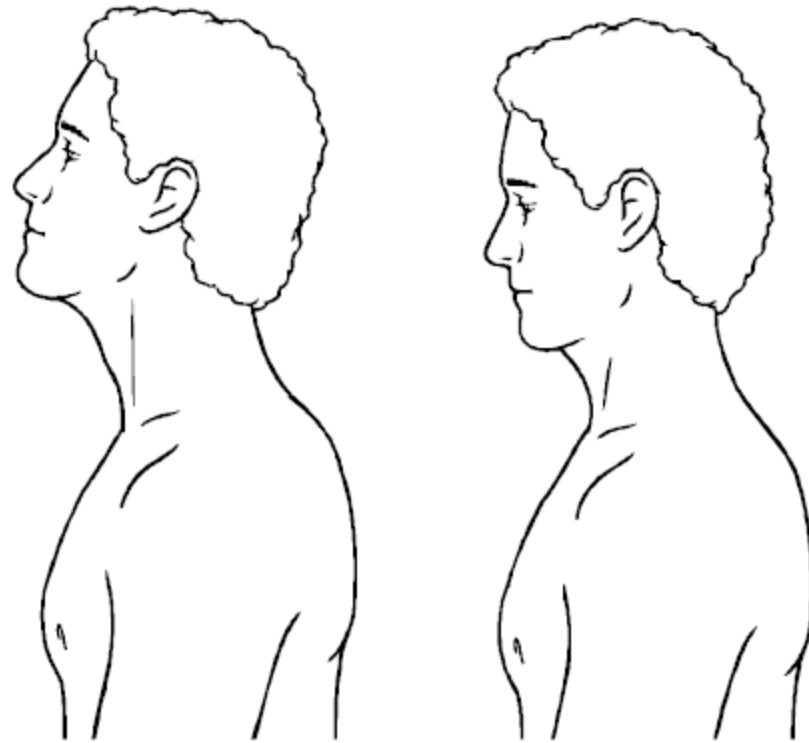


Figure 5:
Brügger's relief position.

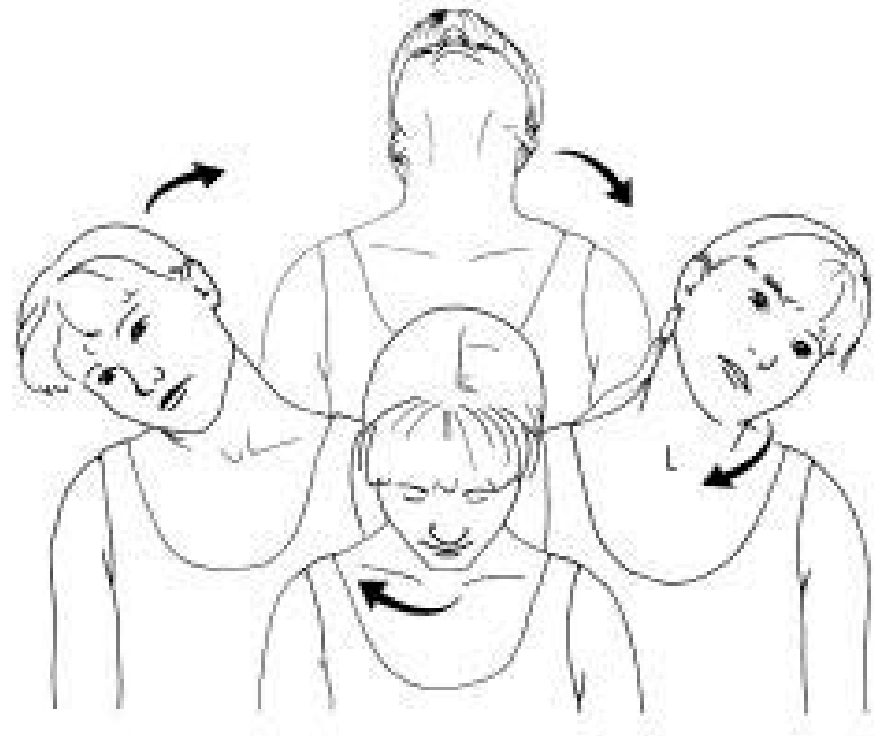
Neck Exercises

- **Chin tucking**



Neck Exercises

- **Active Range of Motion**



5 Computer Tips

1. Computer monitor should be at eye level and no further than an arm's length away
2. Move the mouse with the entire arm and shoulder, not just with the wrist
3. Use wrist supports at the keyboard and mouse
4. Use an alternative keyboard design for improved wrist position
5. Adjust the tilt of the keyboard

5 Office Tips

1. Stand up and walk around frequently
2. Take micro-breaks and stretch the arms, back, legs, neck, and wrists
3. Keep the primary work materials at arms reach
4. Use a headset when on the telephone
5. Have good lighting, a comfortable room temperature and relatively quiet atmosphere

Questions?

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