



# How Ergonomics and Improved Posture Can Help You Thrive At Work



Ergonomic  
Training

Recipe Of The Month:  
Greek Sheet Pan  
Dinner

Patient Success  
Spotlight

[REBOUNDPTIDAHO.COM](https://REBOUNDPTIDAHO.COM)



## AVOID BACK PAIN WHETHER YOU CLOCK IN AT AN OFFICE OR A CONSTRUCTION SITE



After a long day at work, do you notice an ache in your lower back? Do you find yourself rubbing out a crick in your neck as you drive home for the evening? There's a good chance your work environment—whether a high-rise office or an industrial factory—is the cause. Fortunately, Rebound Physical Therapy can help ensure a pain-free workplace.

At Rebound Physical Therapy, we're here to help workers of all kinds thrive in their workplace. We provide assessments to help workers ensure that their workspace is well-designed. We also offer work conditioning training for industrial workers with physically demanding jobs.

Regardless of the sort of work you do, we want to help your work life be as pain-free as possible. Call Rebound Physical Therapy to schedule an appointment and learn more about how we can help you thrive in the workplace.

### ERGONOMICS AND THE ENVIRONMENT OF WORK

Ergonomics is a field of study dedicated to examining how humans fit into their environments. Pulling from diverse fields such as anatomy and physiology, psychology, and even engineering, one of its major goals is to make workplaces a healthier environment for workers.

Work often causes physical stress to the body. If you're an office worker, this might look like back pain from prolonged sitting, neck pain from staring at a computer screen, or carpal tunnel syndrome from typing.

However, if you work in the trades or another physically demanding field, this might look like back injuries from improper form while lifting, back or leg pain from

prolonged standing, or repetitive stress injuries from working an assembly line.

All workers can benefit from an ergonomically-designed work environment, no matter what they do for a living. Rebound Physical Therapy provides support for anyone looking to avoid pain in the workplace.

### HOW ERGONOMICS CAN HELP OFFICE WORKERS

One of the most important things you can do if you work in an office is to ensure that your desk, computer, and general workspace are as ergonomically sound as possible. Here are just a few things to keep in mind:

- Your computer monitor should be at or just below eye level
- Your desk and chair should be the right size and height for your body
- Your office chair should support your lower back

That said, it's also important for office workers to try and reduce the effects of prolonged sitting as much as possible. Get up and walk around every 30-45 minutes (or more!). You might also consider investing in a standing desk. If you find it difficult to focus while standing, try taking meetings or phone calls on your feet, then sit down for deep work.

Proper sitting posture is also key for office workers. Sit up straight, with your shoulders back and your feet on the floor. When typing, keep your elbows at a 90-degree angle and close to your sides.

If you want to learn more about making your office workspace ergonomically sound, Rebound Physical Therapy can help! We offer ergonomic assessments to help you optimize your workspace.

# HOW WORKPLACE CONDITIONING CAN HELP INDUSTRIAL WORKERS

If you work in construction, manufacturing, or another physically demanding job, you might think ergonomics can't do much for you. After all, you're on your feet all day! However, ergonomic design principles can absolutely be applied to jobs outside of an office. In addition, many industrial workers can benefit from work conditioning.

The most significant issue industrial workers face is the increased risk of injury. It's crucial for you to develop good standing posture and utilize proper lifting techniques whenever lifting heavy objects or dealing with heavy machinery. Improving your core strength will go a long way toward protecting you from injury.

Industrial workers also face repetitive stress injuries— injuries caused by repeating the same movements over and over. To reduce your risk, try and take micro-breaks whenever possible. These breaks include a walk-through of the work site or a quick stretch whenever a job task changes.



Finally, try to use equipment designed to relieve the physical stress of the job, including mechanical assists or back braces. Remember to work smarter, not harder!

Rebound Physical Therapy is here to help industrial workers, too. We offer workplace conditioning programs that will show you how to implement proper lifting form and train your body for the rigors of industrial work.

## MAKE AN APPOINTMENT WITH REBOUND PHYSICAL THERAPY TODAY

No matter where you work, Rebound Physical Therapy wants to help you avoid injury or long-term damage to your body. Call us today to make an appointment and learn more about our many services designed to help workers!

Sources: <https://www.sciencedirect.com/science/article/abs/pii/S0950357905801347>  
<https://www.physio-pedia.com/Ergonomics> [https://www.physio-pedia.com/Work\\_Conditioning](https://www.physio-pedia.com/Work_Conditioning)

## VIDEO TIP OF THE MONTH

**ERGONOMICS** - A few tips to make your work positions more comfortable. Scan the QR code to watch our video now!



## RECIPE OF THE MONTH: GREEK SHEET PAN DINNER

### Ingredients:

- 2 tablespoons olive oil
- 1 lemon, juiced
- 4 cloves garlic, minced or pressed
- 1 tablespoon dried oregano
- 1 teaspoon dried basil
- 2 teaspoons Dijon mustard
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- 1 block extra-firm tofu, drained, and torn into bite-sized pieces
- 1 medium zucchini, sliced
- 1 bell pepper, sliced
- 1 medium red onion, thickly sliced
- 1 pint grape tomatoes, left whole
- ½ cup kalamata olives



- ¼ cup vegan feta, crumbled
- Optional for serving: cooked rice, warmed pita bread, vegan tzatziki, hummus, roasted potatoes, fresh oregano, or parsley

**Directions:** Preheat the oven to 400°F (200°C). In a small bowl, add all of the Greek seasoning ingredients, stir and set aside. On a large baking sheet, spread the tofu, zucchini, bell pepper, red onion, and cherry tomatoes. Drizzle the Greek seasoning mixture over top and use your hands to toss the ingredients well until everything is well coated in the seasoning. Bake for 35-40 minutes, stopping to stir halfway through, until everything is cooked and golden brown in some places. Remove from the oven then sprinkle over the olives and vegan feta. Serve hot alone or with cooked rice, warmed pita bread, vegan tzatziki, hummus, roasted potatoes, fresh oregano, or parsley, if desired.

# ERGONOMIC TRAINING

Ergonomic training is the study and practice of improving the way people move and function within their daily life. Emphasis is placed on maximizing efficiency and safety through the use of certain tools or body mechanics strategies, and identifying how certain factors may be contributing to injury. The term ergonomics comes from the Greek language and roughly translates to “fitting a job to the person.” Physical therapists are trained in ergonomics teaching as a means to help people with injury prevention and resolution. Both the tools used in your home or workplace (everything from your chair to your car to your computer to industry-specific machinery), as well as the way you use these tools are subject to study and modification. Our physical therapist can determine if these tools and your workplace requirements or home responsibilities are physically suited to you, and if not, what can be done about it.

## WHY ARE ERGONOMICS SO IMPORTANT IN THE WORKPLACE?

According to the Occupational Health & Safety Administration (OSHA), companies in the United States spend at least \$170 billion annually on occupational injuries. Fortunately, OSHA also points out that businesses can reduce their injury and illness costs by up to 40% by implementing certain health and safety systems, including proper ergonomics training. So, what kind of injuries are we talking about? The typical American employee may face any of the following musculoskeletal injuries, which are common in the workplace:

- Cervical strain and pain (including a new phenomenon called “text neck”)
- TMJ dysfunction and tension headaches
- Carpal tunnel syndrome (median nerve entrapment at the wrist)
- Tendonitis (inflammation in tendons)
- Rotator cuff strains and tears
- Medial or lateral epicondylitis (golfer’s or tennis elbow, respectively)
- Trigger finger
- Back pain caused by injuries to the muscles, joints, or discs

Have you been injured at work, at home, or during your favorite sport or leisure activity? We’re ready to help you feel and move better, no matter where life takes you!

[REBOUNDPTIDAHO.COM](http://REBOUNDPTIDAHO.COM)

# PATIENT SUCCESS SPOTLIGHT



Great place for any kind of physical therapy. P.T. is Caleb and he is very knowledgeable and professional, but still personable. He always has such regard for his clients. Felicia the receptionist is the best. Very accommodating and friendly. I highly recommend Rebound for anyone needing any type of rehab.” — B.B.



## SHOW YOUR BODY SOME LOVE

Our physical therapy exercise programs make it possible to increase mobility and strength while simultaneously improving your coordination and balance. Call us today for an assessment and learn what steps you can take to alleviate your pain.



Ready to take your health to the next level? Call us today.

Meridian: 208.742.4023 | Boise: 208.273.8950