

JERSEY CENTRAL

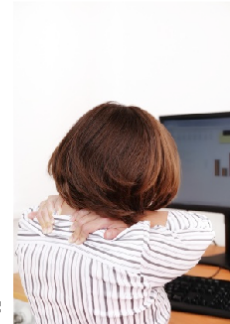
PHYSICAL THERAPY FITNESS

Physical Therapy can save your Back!

Today, work typically involves a lot of sitting and usually in front of a computer. Did you know that sitting puts more stress on your back than standing?

To prevent back pain, it's critical to use an ergonomically designed chair. What does **ergonomics** mean? It is the applied science of furniture design to decrease fatigue and discomfort and maximize productivity by supporting your back.

The big question is - How do we identify the best ergonomic office chair? There is no single chair that is best, but a few tips can save you a lot of problems. Every individual is built differently, so look for a chair that can be easily adjusted (chair height, armrest height and back inclination). If you have any questions, please speak with us so that you can find the right chair for your specific needs.



The Six key factors to consider while choosing an ergonomic chair:

- **Seat height.** Depending on your height, this should be between 16 to 21 inches from the floor. When sitting, your feet should be flat on the floor and your thighs horizontal (or parallel) to the floor.
- **Seat width and depth.** Standard seat width is 17-20 inches. The depth of your seat needs to be enough so that you can sit with your back against the backrest with about 2-4 inches between the back of the knees and the seat of the chair. The tilt of the seat should be adjustable to reduce the strain on your lower back
- **Backrest.** The ideal backrest should be 12 to 19 inches wide to support the natural curve of your back. The more you sit, the more you tend to slouch. **Proper lumbar support provided is very important to help support your back.**
- **Armrests.** Chair armrests should be adjustable to allow your arms and shoulders to rest comfortably. The elbows and lower arms should rest lightly on the armrests.
- **Swivel.** This allows you to easily rotate to reach different areas of your desk without straining your back.
- **Casters.** The chair should have a five-leg base with casters that allow easy movement along the floor.



Follow the 50-10 rule. For every 50 minutes of sitting at your desk, take a 10-minute break and walk around. Change your chair or office if you have any discomfort or pain. The following warning signs should **never** be ignored:

- Numbness, tingling or weakness in the arm, hands or wrist
- Shoulder pain
- Neck or midback pain
- Headaches
- Low back pain
- Numbness, tingling or weakness in your legs



Contact us immediately if you have any of these symptoms. Remember, an ounce of prevention is better than a pound of. **The right chair can indeed save your back.**

PLEASE CONTACT US FOR MORE INFORMATION:

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