



Ergonomic Essentials

Whether you're glued to a computer screen, racing from one meeting to another, or standing on your feet throughout the day, your work environment can take a toll on your body. Here are some tips to help you make your workday not only productive but also conducive to your overall health and well-being.

- **Keep Moving:** Aim to move around every 20 to 30 minutes. Take short walks, stretch, or simply change your posture to keep your body engaged and prevent muscle strain.
- **Find Your Height:** Ensure that the height of your workspace aligns with your elbows when you're seated. This alignment reduces strain on your wrists and arms.
- **Invest in an Office Chair:** An office chair with adjustable settings provides support for your back and allow you to maintain proper posture throughout the day, reducing the risk of backaches and spinal issues.
- **Elevate Your Screen:** Position your computer screen at eye level to prevent neck strain.
- **Ditch the Trackpad:** When using a laptop, invest in an external mouse. This allows for greater freedom of movement for your hand and arm, reducing strain caused by prolonged trackpad use.
- **Incorporate Yoga:** Yoga exercises can help alleviate tension and improve spinal health, promoting greater comfort during long hours at your desk.
- **Stretch It Out:** Incorporate head and neck exercises into your daily routine to strengthen and stretch the muscles in these areas.
- **Follow the 20/20/20 Rule:** Every 20 minutes of screen time, take a 20-second break to look at something 20 feet away to reduce eye strain.

Musculoskeletal injuries resulting from poor workplace ergonomics account for 34% of all lost workday injuries and illnesses.



BENEFIT SPOTLIGHT

Airrosti vs. Massage Therapy

The primary goal of manual therapies, such as Airrosti and massage therapy is to alleviate pain and improve mobility to avoid pharmaceutical or surgical intervention. Treatment is individualized and uses a variety of techniques, including joint mobilization, soft tissue manipulation, and muscle energy techniques to address specific musculoskeletal issues and promote recovery.

Airrosti

Airrosti (Applied Integration for the Rapid Recovery of Soft Tissue Injuries) utilizes a unique blend of hands-on manual therapy and personalized exercises to address musculoskeletal issues at their source. Airrosti targets the root cause of your pain with pinpoint accuracy, offering rapid relief and lasting results in just a few visits. At each visit, the patient will receive an assessment, hands-on manual therapy, and active care exercises/stretchers designed to restore function and eliminate pain.

Both types of treatments can be applied to injuries such as back, knee, hip, shoulder and neck, as well as IT band issues, plantar fasciitis, and even migraines and tension headaches.

Many insurance carriers are covering treatments like Airrosti and massage therapy as part of comprehensive physical therapy benefits. Read your plan documents to see if these benefits are available to you.

Massage Therapy

Through the gentle manipulation of soft tissues and muscles, massage therapy stimulates blood flow, relieves tension, and promotes relaxation on a profound level. Whether you prefer the soothing strokes of Swedish massage, the targeted pressure of deep tissue work, or the energetic flow of shiatsu, there's a massage modality to suit every need and preference.

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