

SquareONE Rehabilitation

Educational Tips

3 Tips to Relieve Back Pain at Your Desk

Your body is strong and resilient. If you're experiencing pain, the suggestions below can offer relief.

1. Relax your muscles.

Take a moment to notice which areas of your body are holding tension (e.g. neck, shoulders, head, etc.). Then, take 3 deep diaphragmatic breaths and relax that area of your body.

2. Sit taller.

Slouching isn't inherently bad, but it can be helpful to periodically find a taller position if you tend to hunch over your desk.

3. Changing your position more often.

We should encourage you to stand up and perform some type of postural relief exercise or movement at least once every 30 minutes. This is as simple as standing up or stretching your arms towards the ceiling. Your body is built to move. I would recommend the **Brügger Postural Relief** exercise described below. This movement is designed to reverse chronic tissue and postural strain, while promoting deeper breathing and relaxation. Externally rotate the arms, point the thumbs backwards to open up the chest

- Retract and depress the shoulder blades (I often say "tuck them in your back pockets")
- Gently extend the entire spine ("look up, shoulders back") and instruct the patient to take a purposeful, DEEP breath "make your ribcage as big as you can"...hold this deep breath in for a few seconds and slowly return to neutral position during exhalation
- Repeat 2-4 times per hour at work and take a drink of water each time (this is a helpful cue to get people to hydrate properly at work as well!)

Back pain can be difficult, but movement is medicine. Your body can get through this!