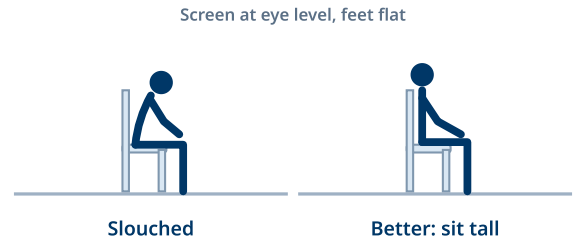


Posture & ergonomics (desk, phone, lifting)

What it is

How you sit, stand, use your phone and lift can affect back and neck pain. Small changes to your desk, chair and habits may help.

Check with your provider before starting, especially if you have a heart or lung condition, recent surgery, osteoporosis, or are pregnant.



It may help with

- Neck Pain
- Low Back Pain
- Cervical Radiculopathy
- Disc Herniation

Self-care tips

- Use a headset or speaker for long calls instead of holding the phone with your shoulder.
- Keep frequently used items within easy reach.
- Get help or use a cart for heavy or awkward loads.
- A standing desk may help some people; alternate sitting and standing rather than standing all day.

How to start

Sit back, supported: Avoid the slump

Screen and phone at eye level: Chin back, not forward

Move every 30–45 minutes: 1–2 minute break

Lift with your legs: Not this → this

When to call us

- Sharp pain that is worse during or after the activity and does not settle in a day or two
- New weakness, numbness or tingling in a leg or arm
- Fever, weight loss you cannot explain, or pain after a fall

Call 911 for chest pain, shortness of breath, fainting, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/holistic-care/posture-ergonomics/



Scan for the full web page

This handout is general information and is not a substitute for medical advice.