

HOW YOUR OFFICE JOB

HURTS YOUR BACK

PINCHED BACK NERVES

A long day sitting in an office cubicle can put a lot of strain on the spinal tissues that encapsulate the spinal column. These strained spinal tissues can place a lot of pressure on the nerve roots in your spine, causing pain and discomfort.

MUSCULAR BACK PAIN

Prolonged office meetings and lengthy conference calls can stiffen and ultimately weaken the muscles in your back if you don't get up and stretch often. Sitting too long makes it difficult for oxygenated blood to revitalize your muscles.

HERNIATED DISCS

Sitting too long in an office chair can place a lot of pressure on your vertebrae, causing tremendous amounts of pain as the jelly-like material sandwiched between your vertebrae protrudes out and impacts surrounding nerves.



KICK THE CUBICLE TO THE CURB & TAKE CARE OF YOUR SPINE WITH THESE 8 TIPS

- 1** Take a stand-and-stretch break every 30 minutes.
- 2** Stand tall while you work. Use a high table or counter.
- 3** Visit your boss or coworker in person rather than sending an email.
- 4** Get the blood flowing with a short walk during your lunch break.
- 5** Recommend a brief walk around the office instead of a conference meeting.
- 6** Park your car a little further away from the office to get a little more exercise in.
- 7** Balance sitting, standing, and moving evenly throughout your day.
- 8** Get your spine adjusted at [Hendrick Wellness Center](#) regularly.



Hendrick Wellness

Center, PC