

Aquatic Physical Therapy for Posture & Workplace Ergonomics

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Posture

Posture is the position in which you hold your body while lying down, sitting, standing, or walking. **Good Posture** involves training your body to lie, sit, stand and walk while placing the least amount of strain on muscles/ligaments.



Workplace Ergonomics

Ergonomics is important because when you're working and your body is stressed by an awkward posture or repeated movement, your musculoskeletal system is affected. Your body may begin to have symptoms such as fatigue, discomfort and pain, which can be the first signs of a musculoskeletal disorder.

Poor Posture:

Poor posture can cause increased load on the spine. As a result, multiple muscles and joints in your back tend to be pushed beyond their tolerable limits, leading to pain.

Common Symptoms:

- Neck Pain
- Shoulder Pain
- Low Back Pain
- Headaches
- Soreness



Why Choose Aquatic Solutions Physical Therapy?

At Aquatic Solutions Physical Therapy, we examine work habits and work-related postures to properly provide an ergonomic intervention, along with aquatic/traditional therapy to reduce neck, lower back pain and prevent further injury.

From prior experience, clients who participate in aquatic therapy early on are able to return to work sooner than those who do not participate in therapy at all.

Effects of Poor Workplace Ergonomics:

Common workplace ergonomics includes angle of computer monitors, height of desk, angle of hip/knees while seated, location/angle of keyboard.

Eyes can become strained by the end of the day due to poor monitor angle. Wrists can start to hurt or feel strained due to continuous typing with incorrect keyboard angle. Poor ergonomics can increase workplace injuries due to repetitive movements, can decrease productivity and increase absenteeism.

