



Back Pain from Working from Home – Causes and Solutions

More people than ever before are looking for chiropractors near them. Back pain frequency has increased tremendously over the past few months as more professionals than ever have been forced to work from home. If you're looking for some tips and tricks or when to see a chiropractor near you, read on.

How Can Working from Home Lead to Back Pain?

It's a simple matter of ergonomics. The human body isn't meant to sit in one place for too long, let alone hunched over a computer screen for an entire workday. Yet this is what many workers have been forced to do because of the work-from-home requirements of the COVID-19 pandemic.

In many cases, modern workers have had to set up impromptu offices in their bedrooms or kitchens. There is a lack of ergonomic chairs or practice of good posture. Even fewer take the necessary protective measures to prevent back pain from beginning in the first place.

Sitting hunched at a desk can cause your back muscles to tense up, back nerves to become pinched, and pain to flare up around your neck, shoulders, low back and pelvis.

Chiropractic Back Pain Recommendations

The British Chiropractic Association has found that nearly a fifth of chronic back pain sufferers cite working from home as the primary reason for their discomfort. Fortunately, there are ways in which normal individuals can protect themselves from regular pain.

Sit Properly at Your Desk

Individuals should first ensure that they sit properly at their desks. To do this, sit with your feet flat on the floor and ensure that your calves don't touch the front of your seat. Your eyes should be level with the top of your computer screen and your bottom and shoulder blades should both fully touch your chair.

Keep plenty of room for your legs and ensure that your arms are bent at about 90° at the elbow. Armrests are ideal for maximum comfort and protection.

Get a *Good Chair*

Furthermore, individuals can reduce the odds of chronic back pain by purchasing ergonomic chairs with adequate lumbar support. Don't settle for sitting at an uncomfortable kitchen or dining room chairs or stools for up to eight hours.

Take Breaks!

Regular breaks are vital to maintain overall bodily health and to eliminate back pain. The body is meant to be in motion, not frozen in a hunched posture for hours on end.

Use a Standing Desk

Workers may also consider purchasing and using a standing desk. The human back is meant to stay upright most of the time, so using a standing desk could improve your posture over time.

Stretch and Exercise to

Don't forget to regularly stretch and exercise throughout the day. Even short walks around the neighbourhood or basic stretches to extend the back and muscles can do wonders for minimizing back pain.

But these measures may not be enough to fully eliminate regular back pain due to working from home. In that case, you may need to contact a local chiropractor near you.

Is there a local chiropractor near me, who can help with back pain?

it is a registered private chiropractor for the Portchester, Fareham, and Portsmouth areas. We offer chiropractic services to the Port Solent, Wallington, Drayon, Hilsea, and Southwick areas as well.

We are a chiropractor clinic conveniently located near busy professional centres and are dedicated to providing back pain assistance to working professionals. Patients can book 30-minute free consultations using our online chiropractic portal.

If you're having consistent back pain, don't wait for it to get worse. Contact a local chiropractor to get professional support.