



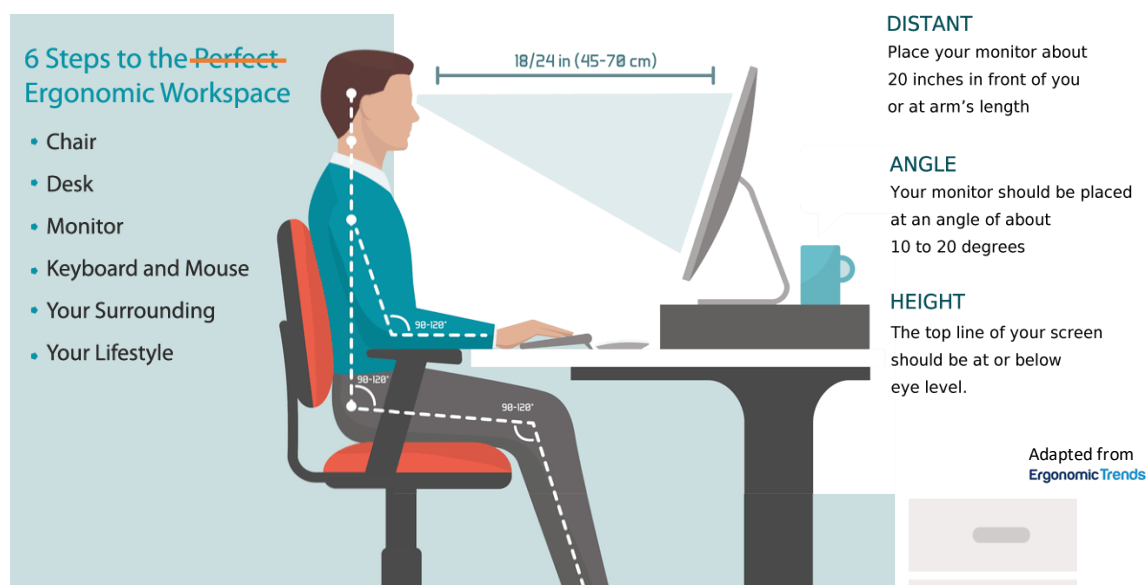
Thank you for subscribing to our content. This practical worksheet is specially curated for you by [Principal Physiotherapist](#) Jaden Lim [@jaden.physio](#). It also serves as a memory-aid for those of you who have attended our signature Ergonomics & Posture corporate or public [workshops](#).

INTRODUCTION

Many of us are working from home (WFH), often in make-shift workstations such as your dining table. The WFH arrangement and regular online meetings may cause you to sit for long periods of time in unfamiliar postures. You may even started to develop neck/shoulder aches or back pain. [This practical guide is designed to help you prevent or overcome neck and back pain.](#)

The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. If the pain persists, consider seeing a doctor or a [MOH-registered physiotherapist](#) for a detailed assessment.

KEY MESSAGE 1 – The best posture is your next posture!



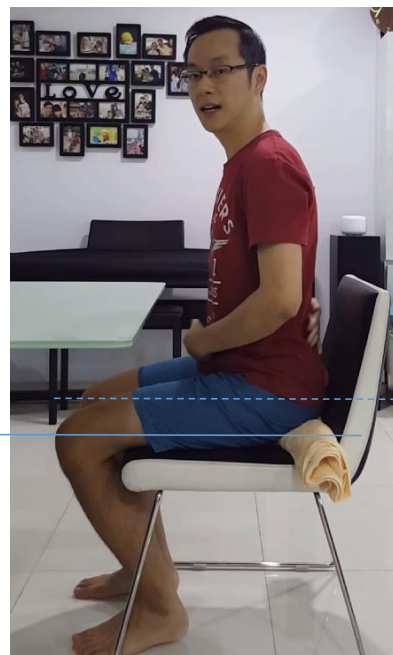
The 'Perfect Workspace' or 'Perfect Sitting Posture' are outdated concepts. Even if it is the most ideal posture, staying in the same position for too long WILL result in aches and pains. In general, try to move about or **change your posture every 20-30 minutes of sitting.**

The above graphic shows the ideal working set-up that allows us to minimize strain on the body. What's the latest concept? **The best posture is your next posture!**



SITTING TIP 1

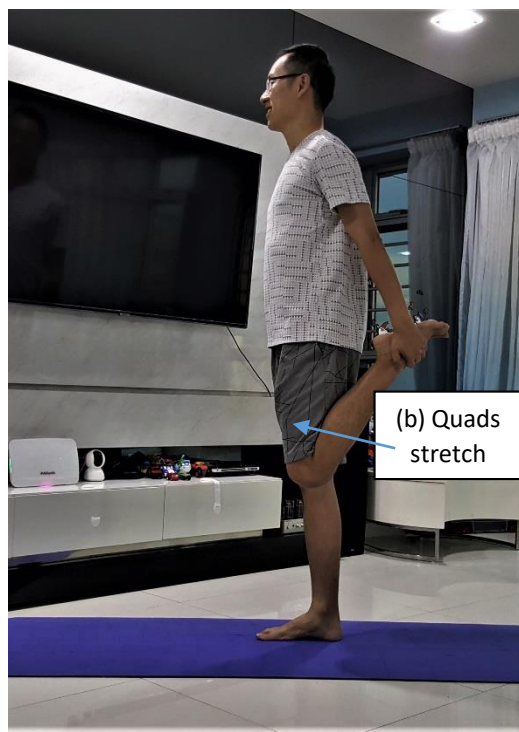
- Keep the feet flat on the ground
- Maintain a slight curve of the back, using a pillow or folded towel



SITTING TIP 2

- Place a rolled towel at the base of the chair
- Sit on the towel such that the hip is above the knee to reduce pressure on the back

KEY MESSAGE 2 – Take regular micro breaks to rest or stretch



If you have been sitting for a long time, the front of the hip can get very tight. Reverse the effect by stretching your (a) iliopsoas and (b) quadriceps. Perform the stretch for 20 seconds, 5x each leg. Look at a distant object about 20 feet (6m) away to relax your eyes.



(c) Trunk rotation (static stretch)
Twist your trunk and hold onto the backrest of the chair. Hold for 10 seconds x 5 each side.



(d) Trunk rotation (dynamic stretch)
Place the back of your left palm on the forehead. Twist your trunk to the left and point your left elbow backwards. 20x each side. Do the static version if you feel giddy.



(e) Pelvic Tilt (sitting)
Roll your pelvis forward and arch your back. Then flatten your back against the chair's back rest. Repeat 20x.



(f) Half Squats (hip/knee strengthening)
Stand with your feet and knees shoulder width apart. Bend your knees and imagine yourself sitting on a chair behind you. Keep your knees steady as you lower yourself.

KEY MESSAGE 3 – Stay active.

The best exercises are those that you actually will do!

Join our new Facebook Group for more useful information and tips!

In our latest workshop, we reviewed some ergonomic pillow designs. We will be sharing the full write-up in our Facebook Group. A discount code for our favourite pillow design will also be shared there!

<https://www.facebook.com/groups/betterhealthproductivity/>

