



Wellness India

WRMDs-Work Related Musculoskeletal Disorders For Computer Desk Executives



Spine Health Matters





Harms of Prolonged sitting

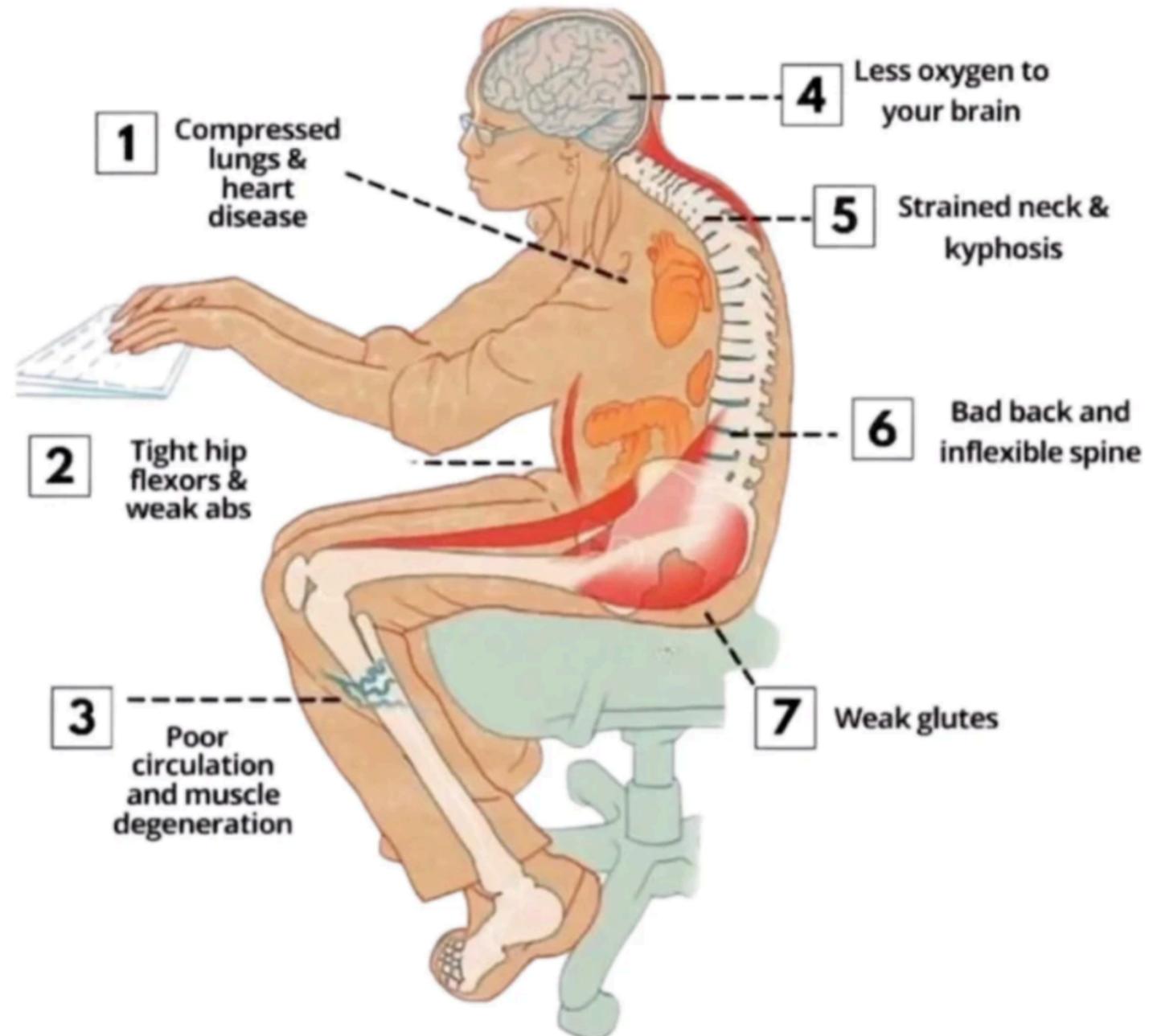
- *Cervical and Lumbar spine by flattening natural spinal curves*
- *increasing disc pressure and*
- *weakening supporting muscles*
- *causes forward head posture (neck strain)*
- *hip flexor tightness (lower back strain),*
- *reducing blood flow*
- *leading to degeneration*
- *nerve compression*
- *chronic pain*





Sitting all day? Your body is paying the price.”

EFFECTS OF SITTING POSTURE





Prevention is better than cure



Measures to Prevent Computer Sitting related WRMDs



Office Ergonomics: Your First Line of Defense

Setting up your workspace properly can make a big difference.

Here are some office ergonomics tips to support your spine:

- Adjust your chair height so that your feet are flat on the floor and your knees are level with your hips.
- Sit all the way back in the chair with your back supported.
- Keep the monitor at eye level to avoid neck strain.
- Use a footrest if your feet don't touch the ground.
- Place your keyboard and mouse close enough to prevent reaching or slouching.

These small adjustments can reduce spinal pressure and support better posture during long work hours.





Posture Correction Tips You Can Start Today.

- Sit upright, shoulders relaxed, and chest open.
- Keep your spine in a neutral position, not curved or overly straight.
- Avoid crossing your legs, which can twist your spine.
- Get up every 30 minutes to stretch or walk.
- Use a lumbar cushion to support the lower back.



“Even with a good chair, maintaining good posture is essential.”



Practising these posture correction tips consistently can ease tension and prevent spinal damage.

<https://youtube.com/shorts/hTh7YO4X00s>



Reduce Sitting Time: Move More, Sit Less

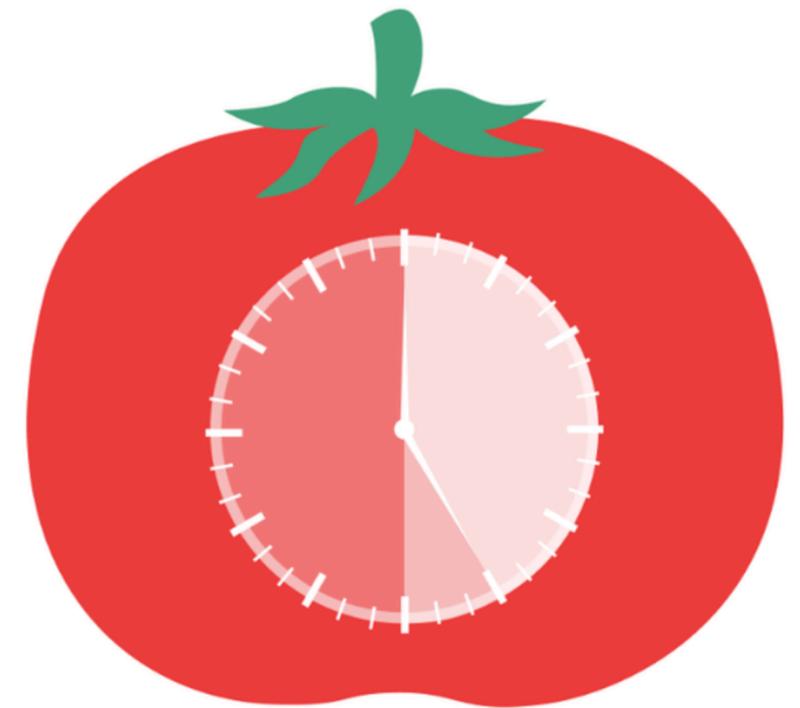
- Stand while taking phone calls
- Walk during lunch breaks
- Use a standing desk or convertible desk
- Set movement reminders on your phone or watch
- Stretch every hour, especially your back, hamstrings, and hips

Reducing the number of hours you sit daily is key to preventing long-term spinal issues.

Let's check Pomodoro technique

<https://youtu.be/wRJb8LD9MUk?si=yO1b4hyckijjeTMG>

Pomodoro Technique



25 min working
5 min resting



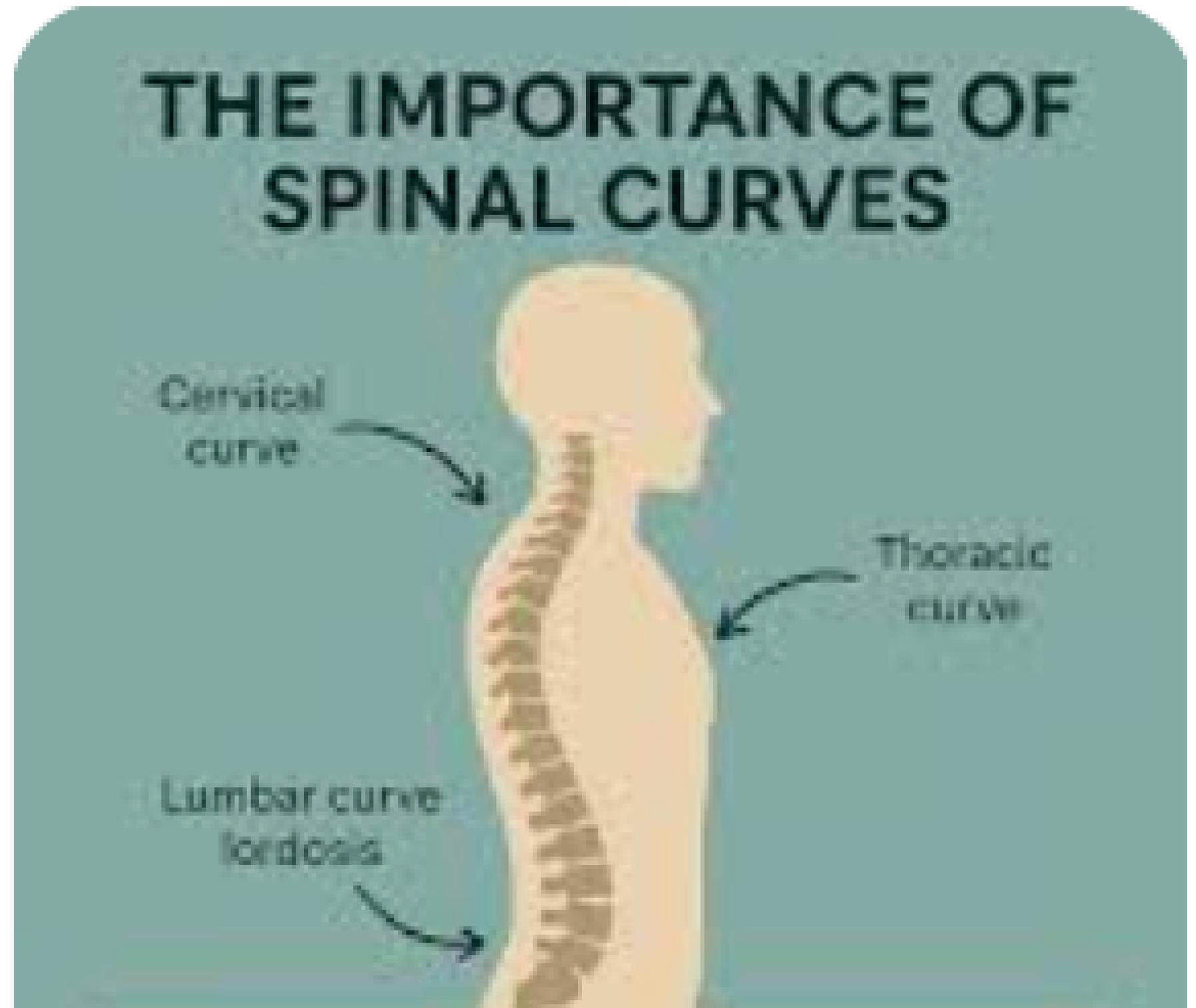
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Exercises for a Healthy Spine

Your spine needs strong muscles for support

**Focus on
Spinal Core strengthening
exercises**

<https://youtu.be/WFgSMnvw3pY>





Small Changes, Big Results

Doing these exercises 3–4 times a week can help keep your spine strong and maintain better posture alignment.





**You don't need a complete lifestyle overhaul.
Even a few adjustments to your daily routine can help protect your spine and reduce back pain associated with sitting.**

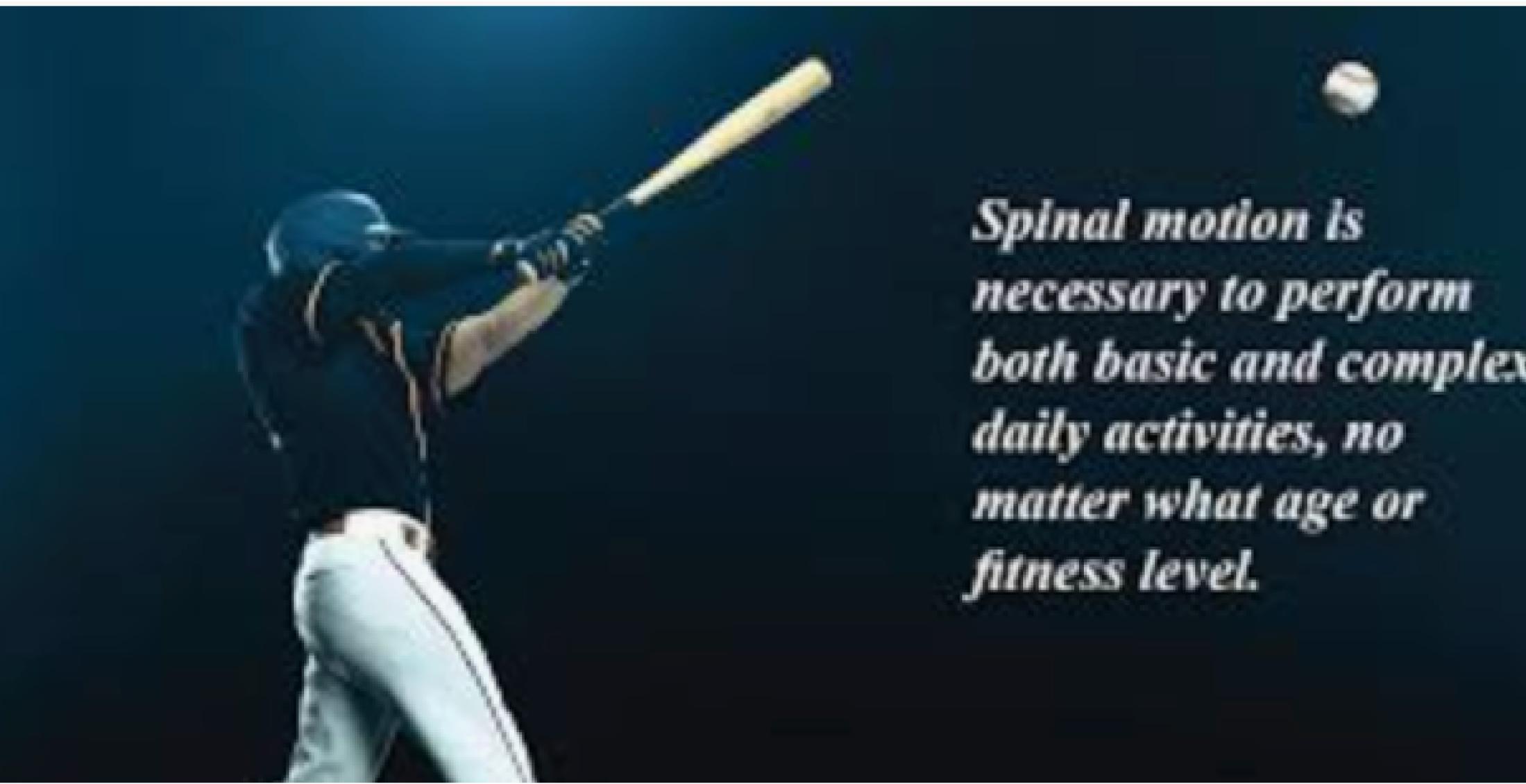






Start with:

- Rearranging your desk setup
- Setting a timer to stand every 25 minutes
- Practicing simple stretches at your desk

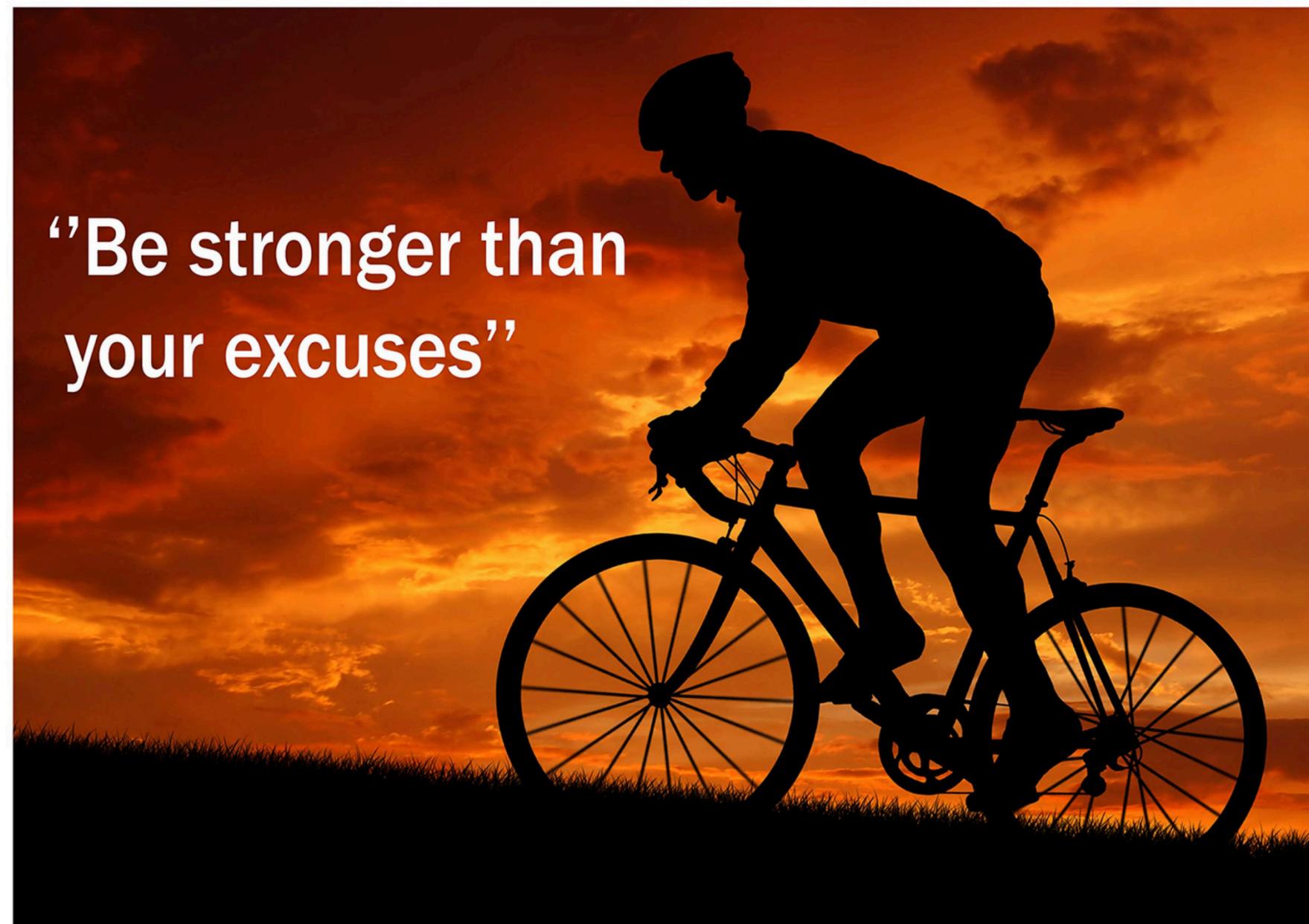


***Your spine
will
thank you.***



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The Workout Motivation



https://youtu.be/e_eJRDl2J6Y?si=M0wEOoi75QKPVk8a