

SE HABLA ESPAÑOL

**DON'T MISS OUT  
ON OUR MONTHLY  
WEBINARS!**

*Details Inside!*

# DISCOVERING **PROPER ERGONOMICS** FOR YOUR HOME OFFICE

*Check out our  
special video on  
ERGONOMICS!*

Get the link inside.

[optimumphysiotherapies.com](http://optimumphysiotherapies.com)

## **INSIDE**

**WE PUT OUR CLINIC THROUGH A  
COMPLETE MAKEOVER COME SEE  
THE RENOVATIONS!**

**EXERCISE ESSENTIALS**

**SONIA'S CORNER**



**OPTIMUMPHYSIO**  
THERAPIES

NEWSLETTER

# DISCOVERING PROPER ERGONOMICS FOR YOUR HOME OFFICE MAKE THE MOST OF YOUR WORKSTATION



## INSIDE:

- *We Put Our Clinic Through A Complete Makeover Come See The Renovations!*
- *Sonia's Corner*
- *Exercise Essentials*
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With many of us working from home, it can be difficult to find a comfortable workspace. However, it is important to make sure that the ergonomics in your office are functioning properly, in order to avoid developing unwanted aches and pains. Over countless hours, sitting and working 8 hours a day, after many years this can break down joints in the spine, neck and jaw. Do you ever have lower back pain, pain between your shoulder blades, occasional locked neck, migraines or pain during eating. ALL of this is linked to poor computer posture or physical therapist call it "poor Ergonomics."

When working from home, ask yourself, "how do I maintain my posture throughout the day?" Do you catch yourself slouching frequently, looking forward, intensely at the screen? Do those last couple hours of the workday leave you achy and ready to call it quits? If you are experiencing aches and pains, especially in your neck or back, poor posture is probably to blame. Fortunately, all of this pain can be improved with some ergonomic changes at your work station or desk.

### **MAKING THE MOST OF YOUR WORKSTATION**

Poor postural habits change the way your arms rest on your back. If you work in any office all day, it is important to have a proper ergonomic setup. Make sure that you are at a proper height with your desk chair and computer, so you don't have to slouch or lean forward. Your computer screen should be eye level.

If you are at a desk for extended periods of the day, it is important

to make sure your back posture is okay. Sit upright, place your feet flat on the floor, and try not to cross your legs. Your hips should be high than your knees. Make sure there is a small gap between the back of your knees and the chair. Having a chair with firm back support and padding is also crucial for making your upright position more comfortable. Everything starts to align from the lower back. Additionally, make sure your chair has the proper arm support needed to help the weight of your arms. Each arm weights at least 20 lbs. If your chair has no arm support, all that weight is put on your back. These simple steps can help tremendously with reducing your current pain.

It is important to make sure that you get up every 30 minutes or so and take a small walk, at least for a minute or two. This will help in loosening up your muscles and joints, unload your spine as well as initiating a stronger blood flow. Taking even a small amount of time to walk around the office or house is very important. During lunch and after work, think about a brisk walk or jog around the neighborhood as it can highly improve your posture and mobility throughout the body.

Did you know that standing burns between .7 to .15 more calories per minute than sitting does? It may not seem like a lot, but by simply standing for longer periods of time, you can easily burn more calories throughout the day.

[Read More Inside!](#)

**Get Moving Today with Optimum Physio Therapies!**  
[optimumphysiotherapies.com](http://optimumphysiotherapies.com)

# DISCOVERING PROPER ERGONOMICS FOR YOUR HOME OFFICE

(CONTINUED FROM OUTSIDE)

Watch our special video on ERGONOMICS!



Scan this QR Code using the camera app on your smart phone and be taken directly to our ERGONOMICS video!

## HAVE YOU THOUGHT ABOUT INVESTING IN A STANDING DESK OR ADJUSTABLE PODIUM?

Sedentary lifestyles, especially the ones that many of us are experiencing right now, can increase your risk of heart disease, obesity, or other serious health issues. However, using a standing desk as opposed to a traditional sitting desk has been proven to lower one's chances of developing cardiovascular disease, diabetes, and obesity. Nevertheless, standing desks are not for everyone, especially those with joint or vascular conditions.

You may be asking, "doesn't standing all day long have its own implications?" The short answer is – yes. Anything without moderation can have its pitfalls. Standing can boost your energy levels, concentration, and even your mood, but if you have a traditional 9-5 job, chances are that level of productivity will dissipate after a while. Many medical professionals recommend adjustable desks for your home workplace environment, so you can spend a large amount of your day standing or stretching, with the opportunity to rest when you become tired.

## COMFORTABLE AND WITHOUT PAIN. STOP IGNORING IT. HANDLE IT.

No matter how you choose to work from home, ergonomics is an important concept to keep in mind. Position, ergonomic laptop desks and chairs can promote proper posture and decrease the risk for back problems, while workplace design can positively impact your overall happiness, productivity, and well-being.

At the end of the day, make sure you're comfortable – don't let the daily stresses of working from home or at the office take a toll on your ability to enjoy life besides work. There are several steps you can take to improve your posture, strength, energy, and overall wellbeing throughout the workday, to have less pain, have the physical ability to do exercise after work, play with the kids or enjoy family outing without pain.

For more information on how to have the best work station setup of your home desk or work office , or a FREE SCREEN TO HANDLE YOUR aches and pains, contact us today at 210-317-6725 to schedule.

WE PUT OUR CLINIC THROUGH A COMPLETE MAKEOVER COME SEE THE RENOVATIONS!



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## EXERCISE ESSENTIALS

### SCAPULAR RETRACTION

Stand tall, shoulders relaxed. Pull shoulder blades back and down. Don't hunch your shoulders.



## IS IT YOUR BIRTHDAY MONTH?

If so, don't forget to come in for your **FREE LASER THERAPY SESSION** any time during your birthday month!



WE'RE HIRING

## THE OPTIMUM PHYSIO FAMILY IS GROWING!

Do you know someone who would be a good addition to our staff? **SEND THEM OUR WAY!**



### HEAR PAUL'S STORY!

"I am extremely happy to have been treated by this group of experts at OPT. I had almost given up, lost hope, and interest in life. Then I found this place of ease and comfort. I highly recommend and praise these "Angles of pain." Try them and you will love it here!" - "Rocky" Mauricio

## SONIA'S CORNER

### TURKEY BURGERS



#### INGREDIENTS:

- 1/2 lb. lean turkey
- 1/4 cup oat bran or buckwheat
- 1 whole egg
- 2 cloves garlic, chopped

- 1 tsp. Worcestershire or teriyaki sauce
- dash of sea salt, pepper & oregano

#### Optional toppings:

- Romaine lettuce
- sliced tomato
- dill pickle
- avocado
- cheese
- ketchup
- mustard



Courtesy of Sonia

#### INSTRUCTIONS:

lightly coat pan with grapeseed oil and set on low-medium heat. In a large bowl, combine everything except toppings and mix well. shape into 4 to 5 palm sized patties. place patties in pan and flatten with spatula. Grill covered, over indirect medium heat for 4-6 minutes on each side or until meat is no longer pink inside. serve on bread or wrapped in lettuce with optional toppings

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***WE TREAT  
EVERYONE LIKE  
FAMILY!***

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