

# Tips for Working from Home:

Take care of your spinal health with these valuable tips

Dana Brown

Image credit

According to one [Stanford](#) economist, approximately 42 percent of U.S. workers were working remotely (full-time) by the end of June 2020. With so many people now working from couches, comfy chairs, the side of kitchen countertops, and from countless other areas of the home, proper desk posture has taken a hiatus. When seated at an office desk, using ergonomic chairs and mousepads, it is much easier to think about maintaining a healthy posture.

As a result, many workers who spend their days in front of a computer are starting to experience back and neck issues.

Thankfully, with the use of a few simple strategies from the [Asia-Pacific Chiropractic Journal](#), you can begin to restore your spinal health.

## Start practicing proper posture on a daily basis

While it sounds easy enough, maintaining [proper posture](#) throughout the day is challenging for many people. Proper alignment can reduce pain in the back, improve breathing, and even boost your [mood and energy](#). In addition to these benefits, proper posture and ergonomics at your work desk can protect your spine.

You can start to achieve consistently [aligned posture](#) by sitting up tall wherever you sit while working. If the chair you use makes this challenging, it may be time to consider a more [ergonomic model](#). Be mindful of slumping and slouching, and also watch your posture when texting or browsing social media on your smartphone. If it helps, remember that when you bend your neck forward all the time, you are putting as much as 27 kg or 60 lbs of pressure on your cervical spine. The result is 'text neck'

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Since it is difficult to condition your body to have proper posture throughout the day, start by setting small goals and working your way up. Through daily practice, you'll eventually be able to sit tall throughout your workday.

### Reduce your stress levels

Experts with the Cleveland Clinic have reported that stress can actually **worsen pain** of all kinds. This especially includes back and neck pain, as stress has been known to cause pain in those regions.

To make your current back and neck pain easier to **manage**, work on reducing your overall stress levels. From getting a **massage** to deep breathing, stress management can be helpful in healing your back pain. One unexpectedly effective way to reduce your stress levels is to keep your home clean, organised, and free of clutter. Your home environment is a powerful force in helping you **feel more peaceful**, balanced, and harmonious.

### Stretch

Regular, targeted stretching has been shown to be an effective method for treating back and neck pain. It is especially effective in treating pain in these areas caused by improper desk posture.

For lower back pain, lay down on the floor, and alternate bringing each leg to your chest. The **cat-cow pose** (commonly used in yoga) is also effective. For neck pain, gently stretch your ear to your shoulder using your hand. For specific recommendations that are tailored to your concerns, be sure to consult with a medical professional.

### Get regular chiropractic adjustments

For a quick, effective, and long-term solution to back and neck pain caused by working from home, be sure to have regular chiropractic adjustments. Chiropractors are extremely well-versed in why you feel pain in certain areas and can make custom adjustments to put your spine into alignment.

On top of your adjustments, your chiropractor will be able to make meaningful recommendations that will help you prevent further pain along your spine.

You only have one spine for the duration of your life. To keep it as healthy as possible, it's critical to follow the strategies listed above. Through a combination of these practices, you can experience reduced neck and back pain, increased flexibility, and all of the other benefits of a healthy spine. To help incorporate your new habits into your daily routine, set phone alerts to remind you to practice proper posture, reduce your stress levels, stretch, and visit your chiropractor.

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<http://healthconditions.info>

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