



*Back pain is the most common work-related injury.*

## **Ease Your Back Ache and Boost Your Mood**

Using a stand-up desk for 1 hour per day may help alleviate your back pain and boost your mood. Sound too good to be true? Read on to learn more:

### **The risks associated with excessive sitting**

Before we look at the possible benefits of a stand-up desk, let's talk about the risks associated with excessive sitting. Complications may include:

- Neck pain from hunching forward
- Increased risk for developing heart disease
- Tight hips and hamstrings
- Increased back pain

It is important to note that good posture can help minimize some of the risks associated with excessive sitting, but it is not a cure-all.



## **Recent evidence promotes more standing**

In a 2011 study, participants experienced less upper back pain, less neck pain, and an improved mood by simply sitting 66 minutes less per day.

Participants in the study held sedentary office jobs. Researchers provided the participants with a device that allowed them to sit or stand at their desks throughout the course of the study.

The participants were given the choice to sit or stand as much, or as little, as they pleased. On average, the group ended up sitting around 1 hour less each day, but this was enough to realize statistically significant health benefits.

feeling great  
starts here

## **Improved emotional well-being**

As mentioned previously, the benefits of less sitting were not only physical. Participants reported decreased fatigue, tension, confusion, and depression - all gained by sitting 66 minutes less per day.

Moreover, the following benefits were reported:

- 75% felt healthier
- 71% felt more focused
- 66% felt more productive
- 62% felt happier
- 33% felt less stressed.

Toward the end of the study, the office workers' sit-to-stand desks were removed, and their moods and pain levels went back to baseline.

## What does this mean for you?

One clear takeaway from this study is that you may benefit from the daily use of a stand-up desk.

Here are some tips to help get you started:

- Height adjustable stand-up desks that are placed on top of your regular desk are available at a fraction of the cost of a full stand-up desk.
- Ensure that your monitor is placed at eye level to reduce strain on your neck.
- Place your foot up on a rest so you can easily shift your body weight from one leg to the other.
- Consider purchasing an adjustable stool so you can sit, or partially sit, for periods of time.

As a bonus, you may only need to use a stand-up desk for 1 or 2 hours per day to reap significant health benefits.

For more information to help achieve a happier and healthier you, give our office a call today!

