

Stand Up for Productivity and Good Back Health every 20

minutes for 10-20 seconds - Current research indicates that the ability to vary working postures throughout the day in a well-designed workplace coupled with tailored breaks and exercise can reduce back and other pains by more than 80%. In one study individuals who did not alter their position (non-standers) took an average of 47% more breaks throughout the day and they were 56% longer. Some guidelines suggest performing exercise breaks while seated, and some even go as far as to suggest flexing the torso in a stretch. This can be dangerous! A rest break must consist of the opposite activity to reduce the imposed stressors. A recommended break involves standing from the chair and maintaining a relaxed standing posture for 10 to 20 seconds.

The best strategy is to raise arms over your head (see figure a-c) and then push the hands upward to the ceiling and then take a deep breath. By inhaling deeply, one will find that the low back is fully extended. Try to find opportunities for standing like this in your day.



Know Your Joints
Muscle and Joint Care
Suggestions