

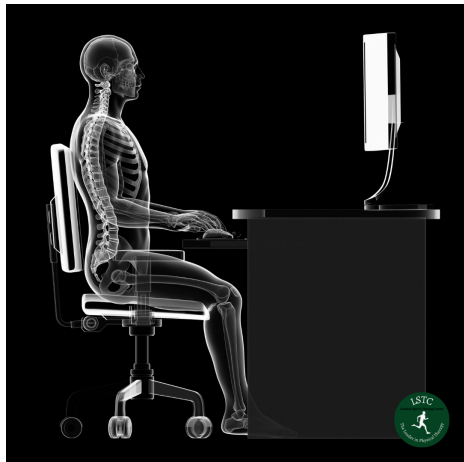
Neck Friendly Workspace Set Up

Loudoun Sports Therapy Center

A lot of people are working from home and have noticed neck pain during and after they are done with work. It's easy to get lost in our work, which causes us to lose focus of the position that we are sitting in and for how long we are sitting in the same position. When we sit with poor posture for an extended period of time at our workspace, we are more likely to cause harm, especially to our necks.

If you do work at a desk, it is important to take a look at how your workspace is set up whether you are at home or in an office.

- Is your monitor at eye level?
- Is your desk at an appropriate height for you?
- Is your chair adjusted to an appropriate height for you?
- Is your keyboard and mouse positioned close enough to you?



If you are working from home, it can be very tempting to sit on the couch or your bed while you work. Avoid sitting in these locations as they do not offer any support to your back and neck.

Your keyboard and mouse should be positioned on your desk so that you are able to maintain good posture. If your mouse or keyboard are too far away, you will force yourself to reach and put a strain on your neck and upper back. If your mouse or keyboard are too close, you will put yourself in a position that will cause your shoulders to stay tensed up while you work.

Remember to take breaks from sitting in front of your computer throughout the day. If able, try to stand and work to give your muscles and joints a break from being in the same position all workday long.

Know Someone That Would Benefit for Physical Therapy? Be Sure to Refer Them to Us!

To Refer them, scan the QR Code and fill in yours and their information. We will reach out to get them scheduled for an evaluation! It is our mission to help as many people in our community live a pain free and active life. Thank you for helping us with our mission!



Refer a Friend!



Loudoun Sports Therapy Center Health and Wellness Newsletter

Irene's Prom Closet

This month we are collecting prom items for Irene's Prom Closet! "*Irene's Prom Closet*" was born on Valentine's Day 2014 to honor the memory of Irene Picota, a brilliant and beautiful young lady, that passed unexpectedly and untimely on November 22, 2013. *Irene's Prom Closet* was founded to serve the senior student population of Loudoun county (and others as well) by providing prom attire and accessories to both young ladies and men so they can attend their graduation prom.



Drop off any new or slightly used; accessories, dresses, shoes, suits, or jewelry, **now - March 30th!**



THIS WEEK'S Patient Spotlight: **Callan!**

"In the beginning, I had a hard time swimming. I'd have to stop swimming to be able to get rid of the pain. Now, after PT I'm able to consistently swim for my whole practice with little to no pain at all."



Scan to Hear
More From
Our Patients!

