

The Dynamic Workstation

Trying to make a difference

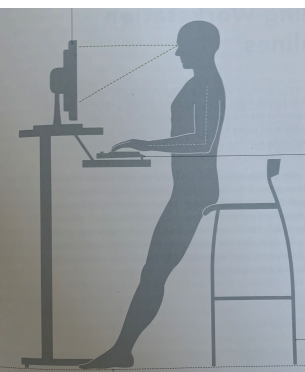
This is a quick intro on how you can set your workstation up at home, which will help your body during this tricky period of complete lockdown in London.



Standing at a desk is far better option than sitting because standing is a gateway to movement. However, transitioning to standing can be more complex than you'd think. Therefore, take your time to adapt and gradually change a few things.

While at home go barefoot and let your feet mechanics be free, compared to wearing shoes or high heels that can restrict movement. Carpets are just about right, however, if your floor is hard. Try wearing some flat shoes with a little bit of cushion to help.

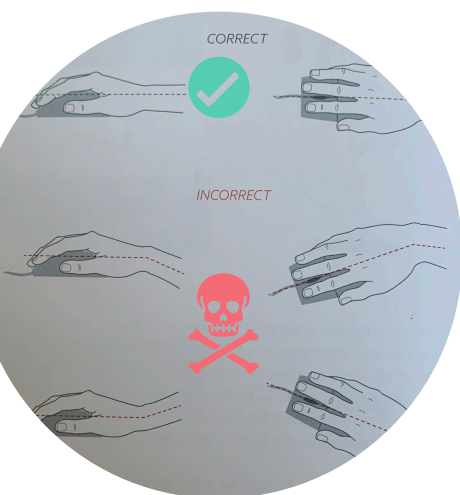
Desk heights can be adapted by designing your own standing desk using materials that are laying around the house. Ideas include standing behind your ironing board and putting a book underneath laptop, or use the microwave and put a packets of printer paper on top. No-one is watching you so don't be embarrassed.



While standing propping your foot up on a rail is easiest way to remove the load from your lumbar spine as it puts your pelvis in a better position. Simply put it makes it easier to stand comfortably for longer periods of time, which is why pubs have it attached to the bottom of the bar. While at home use cheap methods like a stool, box, abandoned chair or a football. Just make sure the knee is no higher than the hip. However, you do not want to get too comfy and muscles and joint will get restricted and tight.

Therefore, shift as often as possible. Your next position is your best position, which just means move.

Avoid being in any one position for long stretches. Maybe set a timer to go off every 3-5 mins so you don't get too engrossed in your work. This will prove distracting at first, but it won't take long for the habit to sink in, which you can take back to the office when this is all over. Lastly, encourage shifting by chaining the stool position. You could stand with stool behind you, put it to the side of you, or place it in front of you. Each position forces you to adapt a new shape.

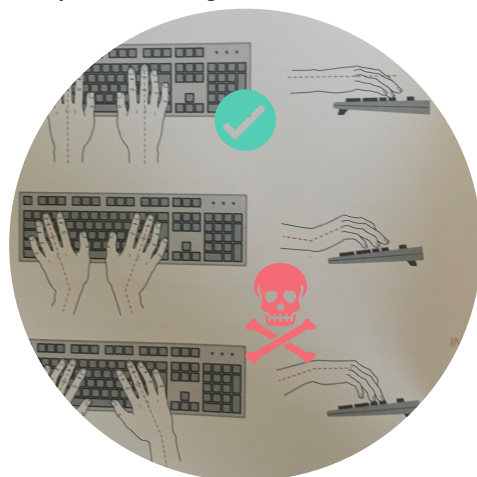


If you get a knot feeling from shoulder blade to neck on the side you use a mouse.

This is called mouse in wrong place syndrome. Make sure you are doing the correct mechanics

While typing Keep the wrist inline with forearms (critical). Take breaks to move wrist and hands.

MAKE SURE wrists are NOT resting at the base of keyboard.



Elbows are parallel to floor and bent about 90 degrees. Then set keyboard set to elbow height. Shoulders need to be externally rotated.

