Title: **Say Goodbye to Workplace Pain**: A Guide to Pain-Free Productivity by Anisha Joshi, award winning Osteopath

Introduction

In the wake of the COVID-19 pandemic, the global workforce has seen a massive shift towards remote work. While this transition has brought about unprecedented flexibility and convenience, it has also ushered in a new set of challenges. One of the most concerning issues is the increase in work-related aches and pains that remote workers are experiencing. In the last 3 years I have seen a 70% increase in these injuries in clinic. Whether it's lower back pain, neck and mid-back discomfort, or tired legs and feet, these physical ailments are not only diminishing the quality of life but also affecting productivity.

In this blog post, I’ll delve into the common types of work-related pain many remote workers are facing, and more importantly, I’ll share evidence-based solutions to help alleviate and prevent these issues.

**The Epidemic of Lower Back Pain**

Lower back pain is one of the most prevalent work-related ailments, and it's no surprise that the shift to remote work has exacerbated this issue for many. Prolonged hours of sitting at makeshift home offices, often without proper ergonomics, are leading contributors to this problem.

Lower back pain can range from mild discomfort to debilitating agony, affecting not only one's work but also their overall well-being. Evidence has consistently shown that movement is key in preventing and managing lower back pain. [[1]](#endnote-1) Sitting for extended periods can lead to muscle stiffness, reduced blood flow, and increased pressure on the lumbar spine.

Enter the **Leitz Ergo** **Sit-Stand Stool & Leitz Ergo Desk Riser**. These innovative ergonomic solution allows you to seamlessly transition between sitting and standing positions while working. By regularly adjusting your posture throughout the day, you can mitigate the negative effects of prolonged sitting. Studies have demonstrated that sit-stand desks and stools like Leitz offer can help reduce lower back pain, increase productivity, and enhance overall comfort at work. I have recommended this stool to many of my clients, and they have all given positive feedback..

**Neck and Mid-Back Pain: The Silent Struggles**

Another common affliction among remote workers is neck and mid-back pain. Hours spent hunched over laptops or poorly positioned monitors can lead to strained neck and back muscles, resulting in discomfort that can disrupt both work and personal life.

One effective remedy is to bring your device up to eye level. This can be achieved using the **Leitz Ergo multi-angle laptop stand or monitor arms**. These accessories help maintain proper posture by reducing the strain on your neck and mid-back muscles. Research has indicated that an ergonomic setup, where the screen is at eye level and the keyboard is at a comfortable typing height, can significantly reduce the incidence of neck and mid-back pain.

Incorporating these ergonomic solutions into your home office can go a long way in preventing and alleviating neck and mid-back pain, improving your work experience, and safeguarding your health. I had a client come in with ongoing neck pain that was actually going into headaches, when I recommended the Leitz multi-angle laptop stand she found it made a big difference to her work and her hybrid working.

**Combatting Fatigue: Tired Legs and Feet**

Many remote workers also complain of tired legs and feet, a common issue that can be attributed to prolonged periods of inactivity and poor ergonomics. The consequences of this discomfort extend beyond just physical discomfort; they can hinder concentration and productivity.

To address this concern, consider investing in an ergonomic footrest, such as the **Leitz Ergo Cosy Foot Rest.** Elevating your feet while working helps reduce pressure on your lower back and promotes better circulation in your legs. This can significantly reduce fatigue and discomfort, allowing you to stay focused and productive throughout the day.

Moreover, the **Leitz anti-fatigue mat** can make a substantial difference in combating tired legs and feet. These mats provide cushioning and support, reducing the strain on your lower limbs during long hours of standing. Studies have shown that anti-fatigue mats not only alleviate discomfort but also improve work performance by promoting better posture and reducing the risk of musculoskeletal issues.

To alleviate and prevent these discomforts, here are four simple desk exercises you can incorporate into your daily routine:

1. **Neck Stretch:**
   * Sit up straight in your chair with your feet flat on the floor.
   * Slowly tilt your head to one side, bringing your ear toward your shoulder.
   * Hold this position for 15-30 seconds while feeling a gentle stretch along the side of your neck.
   * Return your head to an upright position and repeat on the opposite side.
   * Repeat this stretch 2-3 times on each side to release tension in your neck.
2. **Mid-Back Rotation:**
   * Sit up straight with your feet flat on the floor.
   * Place your hands on your hips.
   * Gently rotate your upper body to the right, keeping your lower body stable.
   * Hold the stretch for 15-30 seconds, feeling a gentle twist in your mid-back.
   * Return to the center and repeat the rotation to the left.
   * Perform this exercise 2-3 times on each side to improve flexibility in your mid-back.
3. **Seated Cat-Cow Stretch:**
   * Sit up straight in your chair with your feet flat on the floor.
   * Place your hands on your knees.
   * Inhale as you arch your back, lifting your chest and chin (Cow position).
   * Exhale as you round your spine, tucking your chin to your chest (Cat position).
   * Repeat this seated Cat-Cow stretch for 30 seconds, flowing smoothly between the two positions.
   * This exercise helps to mobilize your spine and reduce tension in your mid and lower back.
4. **Seated Leg Raises:**
   * Sit upright with your feet flat on the floor.
   * Extend one leg straight in front of you while keeping your toes flexed.
   * Hold your leg in this raised position for 5-10 seconds.
   * Lower your leg back down and switch to the other leg.
   * Repeat this exercise for each leg 10-15 times.
   * Seated leg raises engage your lower back and core muscles, promoting stability and reducing lower back discomfort.

Remember to perform these exercises slowly and gently, and never force your body into uncomfortable positions. It's essential to listen to your body and stop any exercise if you experience pain or discomfort. Incorporating these desk exercises into your daily routine can help alleviate and prevent neck, mid-back, and lower back pain, promoting better posture and overall well-being while working at your desk.

**Anisha Joshi** is an award-winning osteopath and top wellbeing influencer. Co-owner of Osteoallies Clinics, recipient of the prestigious Principal Osteopath of the Year Award, a regular commentator in print and television, and trusted by celebrities and high-profile athletes alike. With over 14-year’s experience in her field and her advocacy for healthy work-from-home habits made her the perfect partner for Leitz Ergo.

Follow Anisha @osteoanisha & @Leitz\_UK for more tips.

1. <https://www.ncbi.nlm.nih.gov/books/NBK284944/#:~:text=Although%20exercise%20programs%20don%27t,pain%20attacks%20by%20almost%20half>. [↑](#endnote-ref-1)