



An Interview with... **ANISHA JOSHI,**

Award Winning Osteopath and Well-being Influencer

Anisha Joshi is a co-owner of Osteo Allies 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. We discussed the common types of work-related pain that many remote workers are facing and why she recommends Leitz Ergo well-being products.

Why has there been an increase in work-related aches and pains?

In the wake of the COVID-19 pandemic, the 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 discomfort that remote workers are experiencing. In the last 3 years, I have seen a 70% increase in these injuries in my 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.

Why do you describe this as an 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. Sitting for extended periods can lead to muscle stiffness, reduced blood flow, and increased pressure on the lumbar spine.

What is the importance of an ergonomic setup at work?

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.

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.

Why did you take a holistic approach working with Leitz Ergo?

When it comes to creating a comfortable and productive workstation, it's crucial to think of it as more than just a desk and chair. The truth is the whole setup needs to work together harmoniously. It's not just about a good chair or a laptop stand; it's about how all the components come together to support your body and encourage movement.

The reason I recommend using **Leitz Ergo** products is because they understand this need for a holistic approach to your work set up. Their ergonomic products are designed not just to be functional, but to work in unison, helping to reduce the risk of injury and discomfort by promoting regular movement.