

TIP OF THE MONTH



Healthy Ergonomic Workstation Design

According to the American Physical Therapy Association (APTA), approximately 70% of the U.S. population works at a computer. With that much time spent sitting at a desk or on a computer, it's important to make sure your work space is working for you.

Repetitive strain and overuse injuries are common side effects of improper ergonomics. Below, we have provided a list of guidelines to help prevent such injuries and keep you ergonomically sound.

SITTING POSITION GUIDELINES:

- **Lower back** - supported by a lumbar curve
- **Bottom and thighs** - distributed pressure
- **Arms** - minimal bend at the wrist
- **Behind the knee** – not touching seat
- **Feet** – flat on the floor or on a footrest
- **Wrist and hands** – do not rest on sharp or hard edges
- **Telephone** – can be used with the head upright (not bent) and the shoulders relaxed (not elevated)

WORKSTATION GUIDELINES:

- **Monitor** – top of the screen and monitor distance is at or below eye level so you can read it without bending your head or neck
- **Glare** – (for example from windows or lights) is not reflected onto your screen which can cause you to assume an awkward posture can be used without reaching and is easy to activate
- **Wrist/ palm rest** – is padded and free of sharp or square edges and allows your forearms wrists and hands straight and in-line

Maintaining an ergonomically friendly workspace is key to avoiding strain and overuse injuries such as carpal tunnel. For more guidelines on creating an ergonomic workstation click [here](#).

For a printed comprehensive look at ergonomic guidelines, provided by Fit2wrk, please call one of our clinics today and request a copy.

PT&Me Featured Article [Repetitive Strain Injury \(RSI\)](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!

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“You are never too old to set another goal or to dream a new dream”

— C.S. Lewis

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Sunshine Cake

This recipe comes to us from our friend Kristi. An old co-worker of hers gave Kristi this recipe and she loves it! She makes it every chance she gets. It's perfect for a hot summer day.



Ingredients:

- 1 box moist yellow cake mix
- 4 eggs
- ½ cup of vegetable oil
- 1 (11 oz) can mandarin oranges with juice
- 1 (16 oz) package frozen whipped topping, thawed
- 1 (5 oz) package instant vanilla pudding mix
- 1 (20 oz) can crushed pineapple with juice

Directions: Cake

1. Preheat the oven to 325 degrees F. Beat the eggs and add them to the boxed cake mix.
2. Add the oil and mandarin oranges to the batter; remember to add the juice as well.
3. Pour the batter into a greased and floured 9 x 13 inch pan.
4. Bake the cake for 40 minutes then let cool on wire rack.

Directions: Frosting

1. Mix together the whipped desert topping and the package of instant pudding.
2. Add the crushed pineapple with its juices.
3. Set frosting in refrigerator to set.
4. Frost when the cake has thoroughly cooled. Keep cake in refrigerator to keep it cold!