



## EXTRA: Healthy Living

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### 4 Ways You Can Prevent Back Pain at Work

At some point in their lives, eight out of 10 Americans experience **back pain**. This includes people whose jobs entail lifting heavy loads as well as those who do nothing more strenuous at work than carry a cup of coffee to their desk.

So it might seem like there's not much one can do to prevent the inevitable.

Think again, says **Amy Rice**, a **physical therapist** and administrator at the **Center for Pain Management**. Most complaints result from cumulative insults rather than a sudden injury, even if the onset of pain is immediate.

"Most **back pain** is really the result of years of wear and tear to the spine," she says.

Here are a few tips to help you overcome bad work habits that could be leading to **back pain**:

**1 | MAKE SURE YOU'RE IN A GOOD SEATED POSITION:** Much of that has to do with the height of your work surfaces, Rice says. Elevate your chair so your elbows are at the level of your work.

Your feet should be flat on the floor. If your feet can't reach, get a foot rest that will fully support them, Rice says.

"Your feet shouldn't be dangling," she says.

**2 | CHECK FOR BACK SUPPORT ON YOUR CHAIR:** "Not every chair fits every person," Rice says.

Your chair should have an adjustable back, so you can position it in a way that provides you good support.

**3 | PAY ATTENTION TO WHERE YOUR WORK IS:** Position your monitor about eye level, so you're not craning your neck to see.

"A lot of people sit where the keyboard is in front of them but their monitor is off in a corner of their desk. That's really not good," she says.

Place the work you are doing right in front of you.

**4 | MAKE HEALTHY CHOICES:** Smoking may seem to have no connection, but smokers are twice as likely to develop back pain as those who don't smoke, Rice says. Staying hydrated, exercise and getting enough sleep can also help ward off **back pain**.

– Shari Rudavsky

#### About the Center for Pain Management

The **Center for Pain Management** is one of Central Indiana's most experienced medical practices focusing exclusively on treating patients who suffer from back, head, neck, joint or cancer-related pain. This includes spinal injury, **herniated discs**, arthritis, failed back surgery, chronic pain, migraines and **fibromyalgia**. The Center's team of clinicians and **board-certified physicians** specializes in comprehensive evidence-based diagnostic and multi-disciplinary treatment modalities that include **interventional procedures**, **physical therapy**, **medication management**, **spinal cord stimulation** and **psychological counseling**. Physician referrals and patient self-referrals are accepted. For more information on the Center for Pain Management, visit [www.IndyPain.com](http://www.IndyPain.com) or call 706.PAIN (7246).