

SPINE HEALTH NEWSLETTER - FEBRUARY 2011

BROUGHT TO YOU BY: WILLIAM KARABINOS, DC

KEEPING YOUR BACK HEALTHY WHILE AT WORK

Whether your work is physically demanding or not, you can be putting your back at risk for injury and possible pain. Something as simple as choosing the right office chair or knowing the proper techniques for lifting objects can go a long way in keeping your back and spine healthy and strong.

Take an in-depth look into keeping your back healthy while at work in this month's newsletter.

ERGONOMICS OF THE OFFICE AND WORKPLACE: AN OVERVIEW

Back pain is one of the most common work-related injuries and is often caused by ordinary work activities such as sitting in an office chair or heavy lifting. Applying ergonomic principles - the study of the workplace as it relates to the worker - can help prevent work-related back pain and back injury, and help maintain a healthy back. For example, office workers should change body positions frequently, at least every 20 minutes. Computer users should avoid a slouch posture.

Learn more on how to minimize back injuries with proper work ergonomics: <http://www.spine-health.com/wellness/ergonomics/ergonomics-office-and-workplace-overview>



ABOUT DR. KARABINOS

Dr. Karabinos' desire to become a chiropractor was triggered by his personal experience at 17. Following a low back injury sustained while working loading trucks, he experienced excruciating and debilitating pain. Bedridden and having no success with the medical treatment offered by several physicians, his parents brought him to a Chiropractor. After one Chiropractic adjustment, the level of improvement was astounding. This experience eventually caused Dr. Karabinos to seek a rewarding career as a Chiropractor. Since Dr. Karabinos started his practice, his desire grows each and every day as his patients receive wonderful results. Dr. Karabinos uses a "whole person approach" when caring for his patients. By combining the very best hands-on techniques, personalized therapeutic massage & various physical therapy modalities, Dr. Karabinos continually researches, attends seminars & classes to learn and incorporate the latest breakthroughs of chiropractic treatment to HOLME CIRCLE CHIROPRACTIC.

Visit Dr. Karabinos' profile on Spine-Health.com to learn about his latest treatments and his special offers for new and returning patients.

<http://www.spine-health.com/doctor/chiropractor/william-karabinos-philadelphia-pa>

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11 TIPS FOR SYNCHRONIZING YOUR WORKSTATION AND OFFICE CHAIR

Having the best designed and most ergonomically-friendly office equipment may not mean much for preventing back pain, neck pain and other pain if such equipment is out of sync with your workstation. Read 11 tips on how to be proactive when setting up your office chair and desk correctly to fit your needs and the principles of ergonomics.

Tip 1: Understand the Ultimate Goal

Having a special chair is often viewed as the be-all, end-all of correct office ergonomics. While an ergonomically-designed chair can certainly do wonders, remember that the ultimate goal is to achieve balance between finding a work chair that fits you, provides good support, minimal stress on the back

and using it correctly in relation to your work environment.

Before providing instant analysis of your chair, examine other factors, including your optimal desk level, how you sit, height of your computer screen and strive to improve on these areas.

Read more tips on how to properly adjust your workstation:

<http://www.spine-health.com/blog/ergonomics/11-ergonomic-tips-synchronizing-your-workstation-and-office-chair>



MANUAL MATERIAL HANDLING TO PREVENT BACK INJURY

Any job that involves heavy labor or manual material handling may be in a high-risk category. Manual material handling entails lifting, but also usually includes climbing, pushing, pulling and pivoting, all of which pose the risk of injury to the back.

Lifting materials from the floor places strain on the structures in the lumbar spine. Ergonomic lifting techniques involve the use of a diagonal foot position and getting as close to the load as possible. The load should be kept as close to the body as possible when standing up.

Learn more about ways to properly lift material to prevent back injury: <http://www.spine-health.com/wellness/ergonomics/manual-material-handling-prevent-back-injury>

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