



Ergonomic Essentials Q&A

February 23, 2022

We highly encourage you to periodically visit [Dr. Watterson's website](#) for more updates and information on the topics she discussed in the webinar.

1. I spent a whole year going to a local chiropractor, every single week, trying to reverse my S-curve in my neck that is curving in the opposite S-direction, and I'm none the better. He said I needed to keep going indefinitely, so was he just money-grabbing, or is that how long it would take?

I am sorry that your experience has not been positive so far. It would be best to seek out a chiropractor or a physical therapist who also focuses on movement therapy to help you achieve your goals. Movement therapy can be categorized as movement training, posture training, functional exercises that are specific to you and your complaint.

2. Do you have a suggestion on how to reposition yourself while you are at your desk if you realize you're sitting hunched over at your desk? Do you think sitting on a yoga ball is a good idea?

If you realize you have been in a less than ideal posture, it can be helpful to stand up and perform one of the stretches we went over in the session. And/or reposition your head so it is in neutral.

3. I stand all day at my desk and find that my legs and knees get very stiff, even with walking in place to make sure I'm not standing still the entire time. Any suggestions?

It's great that you spend all/most of the day standing! There can be an element of fatigue involved in standing in a static position all day. You may try the position where 1 foot is propped on a book, yoga block etc. You would switch sides every 30 minutes or so. You may also try to alternate sitting and standing throughout the day. Starting the day standing is recommended. You may also begin to foam roll the muscles in your legs and hips to help encourage circulation. I will have links to foam rolling videos available.

4. How often do you recommend that people get massages? Do you see massage as part of "routine maintenance"?

Every individual benefits from a different care routine. You may ask your massage therapist or other medical professional what they recommend based on your presentation, progress, and goals.



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5. I'm being told I have 3 herniated discs in my neck and surgery is inevitable for disc replacement, as I would not want fusion. I am trying PT in hopes it will correct, but I'm not sure if insurance will cover another MRI to see if there is any improvement.

So sorry to hear about your injury. I would need more information to provide you with appropriate recommendations. I would seek out another opinion and gather as much information as you can to help you make the right decision for you.

6. Do you recommend the anti-fatigue mat (the ones with the elevated edges and middle massage ball)?

The anti-fatigue mats can be helpful. As long as you're working on staying neutral throughout the day and changing your position periodically, you should experience an improvement in how you are feeling.

7. What do you think about kneeling chairs for work? if you like them, any recommendations?

We have not found that a kneeling chair provides much benefit or relief. With that said, your needs are very individual and you may benefit from it while your coworker may not. Safe to stick with a basic chair and set up and customize it to fit your needs. Change your position during the day and be dynamic to help prevent chronic posture related issues.

8. I am 5'2" height with lower back pain, and I am using a kneeling chair. Is this a good solution and what is the best model/brand for me on the market?

I would find a chair where you can still contact the back rest with your knees bent at 90 degrees or so. If your feet don't reach the ground, you may place a stool, yoga blocks, etc. under your feet so they are grounded and you are neutral.

9. What are your thoughts on posture correcting device?

Some of our patients have experienced positive results with uprightpose.com products to help remind them to adjust their position to neutral. A reminder on your phone or watch can also help reinforce optimal positioning.



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10. Any chair recommendations?

Choosing a chair is a pretty individual purchase. I would try a few in the store if possible. It does not need to be "fancy" either. As long as you can achieve the position we went over in the session, it will likely work for you. I will have additional resources available discussing ways you can customize your chair to best suit you.

11. Thank you for all of this great insight! I wonder what you suggest for soreness in the shoulder specifically? I wake up sore every day and spend lots of hours keyboarding each day and would love to find a way to alleviate some of the pain in the area where my shoulder meets my clavicle. I literally feel like it is rolling forward but don't know what to do to stop that from happening.

Thank you for your feedback. Sorry to hear about the issue with your shoulders. You may begin with working on the posture recommendations and movements we went over in the session. You may also add in foam rolling and self soft tissue release. Additional resources for techniques can be found on our website. Seeking out a professional in your area would be ideal as they can provide you with individual recommendations based on their interpretation of your history and physical exam findings.

12. Where should your arms & hands be when you are using the keyboard and mouse? A 90 degree angle is hard to hold with a desk that doesn't move up or down. I feel like I'm reaching forward to type or use the mouse.

There are options to customize your current set up. You can add a keyboard tray to your desk, adjust your chair up or down, elevate your monitor. There are a few scenarios that might help in making your positioning more ideal. I will post additional resources to the website that goes over these scenarios to help guide you. If you continue to have trouble, you can seek out a physical therapist or chiropractor in your area to help evaluate your needs and set up.

13. Having limited mobility, when doing squats can you hold on to a bar or a chair to do them?

Squat training may be done in several ways. You may use a doorway or anything stable and supportive. If a pain free body weight squat is challenging, I do recommend seeing a professional in your area to help safely guide you through the progression.



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14. What exercise do you recommend for core strengthening?

There are many core exercises performed. Some are more effective than other. Honestly, in most cases, it is how the movement is performed more than what the movement is. All core exercise recommendations given to our patients are individual in nature based on their current movement quality. I will work on making more information and resources available on our website on this topic.

15. Could you please share some Carpal Tunnel exercises and ergo recommendations?

Sorry to hear about your CTS. It is challenging to give you individual recommendations for this injury as it depends on how irritated the nerve is. I recommend finding a professional in your area to help guide your treatment plan. In the meantime, you may work on the posture recommendations and self-care movements we went over in the session.

16. What can we do with our chairs when they're made for the average man - specifically the thigh or depth area being too long?

There are chairs on the market with multiple dimensions. If possible, go to a store with chairs out to demo. Try to find one that allows you to establish a neutral position. I will work on adding resources to help everyone customize their chair to help encourage an ideal posture and position.

17. Do you recommend posture braces?

In most cases, I do not recommend them as it tends to only pull your shoulders back. The majority of the issue can stem from your head position being too far forward. The Upright Go products (uprightpose.com) are helpful in reminding you to maintain a neutral position. You may also set a timer on your phone, computer, and/or watch to help you check your posture throughout the day – Every 30 minutes or so.

18. If I can only afford either a deep tissue massage or chiropractic adjustment monthly for neck issues and migraines, do you have a recommendation for which might be better to prioritize?

Sorry to hear about your neck issues and migraines. Ideally, you will find a professional to help you reduce or resolve the migraines. If this is not possible and you are seeking symptom relief services, I would talk to your current chiropractor and massage therapist for their recommendation based on your feedback and response to care. Seeking out a second opinion can be productive as well.



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19. For upper back pain between shoulder blades without an actual injury, what treatment other than proper body mechanics would you recommend?

Sorry to hear about your pain. I recommend seeking out a chiropractor, physical therapist, or sports medicine MD. Based on your history and examination findings, they will be able to recommend the best course of action. It is an appropriate practice to seek out a second (or even third) opinion for your care options to help you find the best fit for your individual needs.

20. Is crossing your legs bad for posture and blood flow, and do you have any tips for breaking the habit of crossing your legs while sitting?

Crossing your legs is a habit many people develop. It can lead to tight hip muscles. It may also stem from having tight hip muscles. Encourage sitting neutral as much as possible. Foam rolling the glute muscles and performing the Figure 4 stretch we went over in the session can be helpful. You may also seek out care from a professional in your area to help identify and resolve some muscle imbalances that you may have.

21. I noticed you're in socks - Do you recommend we wear shoes or no shoes when we're standing to work?

Good eye! Haha. I am in socks or bare feet as often as possible. I had been in my shoes all day while treating patients. I have the habit of taking my shoes off to stand at my desk and complete my notes for the day. They happened to still be off when I took the demo videos. With that said, yes, I do recommend you practice alternating being in bare feet, socks, and shoes throughout the day. The key is being dynamic through the day as much as possible.

22. Can standing all day be bad for you?

Standing all day can be a positive thing for most people. It all depends on how you are standing and if you are already accustomed to it. The best recommendation I can provide without gathering more information from you is to try to be dynamic throughout the day. Alternate between sitting and standing throughout the day. Try to include some self-care during breaks. It may only take 1-2 minutes to perform any of the exercises we went over in the session.

23. Please give us a quick talk on water!

Being hydrated can have a very positive impact on your overall health. We did not get a chance to discuss it during the sessions. I will post a video about water and hydration in the next ASAP. Please stay tuned, and thank you for your patience.



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24. Do you have any recommendations on the best type of pillow for a back/side sleeper to avoid neck pain and neck tension?

I wish there was a "best" pillow for everyone. Unfortunately, it all depends on you as an individual. Some of it might be trial and error. If you are feeling discouraged and having trouble finding a comfortable sleeping scenario, I recommend seeking advice from a professional in your area to help troubleshoot.

25. My desk chair at home has minimal support. I use a small pillow to fill the gap between the chair and my lower back. Is this a good idea?

Yes, using a pillow can help you customize your chair. For now, please place it where it feels comfortable. I will add a video to our website that can provide you with a more detail and visual of the ideal position.

26. Can you provide an actual link to the next event instead of a QR code.

Optimizing Immunity Through Nutrition – March 30 @ Noon ET
[Register Here](#)

27. What about short people? My feet don't touch the floor in my office chair and the foot rest ring sits too far back and causes knee pain.

There are a few tricks to help you customize your chair if it does not have the ideal dimension to fit you. You may start by placing a stool, yoga blocks, books, etc. under your feet so they are in contact with a solid surface. I will post a more detailed video of these scenarios on our website as soon as possible to help provide everyone with additional resources.

28. Could you please share some Carpal Tunnel exercises?

Sorry to hear about your CTS. It is challenging to give you individual recommendations for this injury, as it depends on how irritated the nerve is. I recommend finding a professional in your area to help guide your treatment plan. In the meantime, you may work on the posture recommendations and self-care movements we went over in the session.

29. A lot of chairs are made for men's thigh length – Anything we can do to adjust, like a pillow?

There are chairs on the market with multiple dimensions. If possible, go to a store with chairs out to demo. Try to find one that allows you to establish a neutral position. I will work on adding resources to help everyone customize their chair to help encourage an ideal posture and position.



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30. I need a little pamphlet with pics to put on my office wall for reminders. Do you have cheat sheets?

I will work on this!

If you'd like to be added to Dr. Watterson's mailing list so that you receive her latest news, blog posts, event information and more, please reach out to office@rogansportsclinic.com.

Welcome

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“We’ve built a company that we’re proud of – from who we are to what we do and how we do it. Respecting the trust clients place in NFP is always top of mind.”
– Eric Boester, EVP and Chief Marketing Officer

Definition of a Mentally Strong Organization

Our people are our
most important asset.*

*“...when they are in
the **green zone.**”*

- Dr. Jeremy Hunter







Dr. Laura Watterson

Chiropractic Physician/Owner

What You'll Learn Today

- Mechanics of the injuries and common complaints like upper trap pain, headaches, neck pain, neck tension and low back pain — how and why it happens
- Solutions to help alleviate and prevent these common issues
- In-office and home care exercises focusing on posture/stacking our joints, core stability, hip mobility/stretching and diaphragm breathing



ROGAN
sports clinic

Ergonomic Essentials

LAURA WATTERSON, DC

Brought to you by



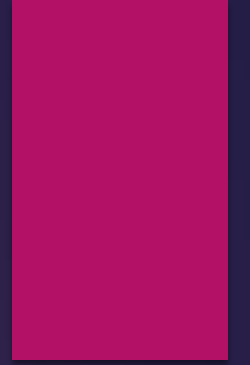
Making the Most of Your Time and Energy...

- ▶ In the clinic
- ▶ Individual and personalized messages
- ▶ Aware and mindful
- ▶ Consult a medical professional in your area and ask questions! (:
- ▶ Outliers
- ▶ Reference material available

Pain and Injury

- ▶ Behavior changing
- ▶ Pain and injury affects those around you
- ▶ Motivation for change
- ▶ not “All or Nothing”
- ▶ Nature vs Nurture
- ▶ Global patterns
- ▶ Compensation patterns
- ▶ How injury occurs:
 - Abnormal force to a normal tissue
 - Normal force to an abnormal tissue

Momentum and Inspiration



- ▶ Progress in motion
- ▶ What inspires, motivates you and drives you to work toward goals?
- ▶ Investment in your health
- ▶ Every day can be a new day to work towards positive change

Common Symptoms and Complaints

- ▶ Headaches, Neck muscle, TMJ muscle, upper trap and “shoulder” pain and ache
- ▶ Wrist and hand pain
- ▶ Low Back pain and “Hip Pain”
- ▶ with respect to the duration of the session today, we will aim to deliver and discuss this information in the most clear and concise way possible. We may leave out some outliers and special considerations. Please ask your medical professional for individual care and recommendations.

Headaches, Neck, TMJ, Upper Trap and “Shoulder” Pain and Tension

- ▶ Causes and triggers
- ▶ Head position and posture- relationship to the rest of your body
- ▶ Scapular stability and motion- relationship to the core
- ▶ Chest breathing vs. diaphragm breathing
- ▶ Jaw and neck tension
- ▶ Faulty distribution of forces
- ▶ Muscles will yell if they work too hard and/or are overloaded

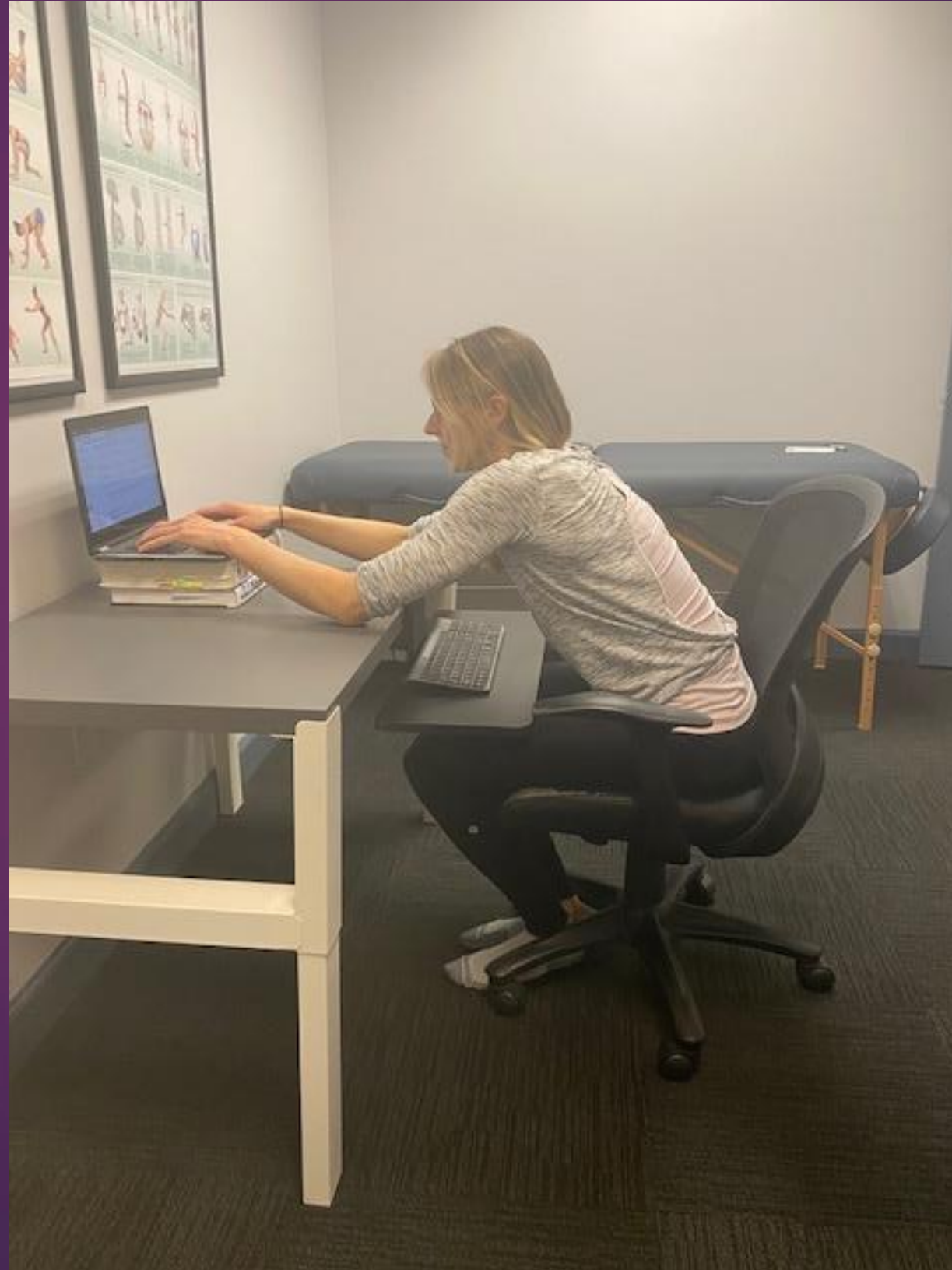
Low Back Pain and Hip Muscle Dysfunction

- ▶ Mechanical low back pain
- ▶ Progresses to- disc, stenosis, arthritic changes and bone spurs
- ▶ Excessive force = dysfunction in force distribution
- ▶ Behavior changing symptoms are typically secondary to the underlying area of stress
- ▶ Back pain and hip motion limitation and dysfunction are often associated

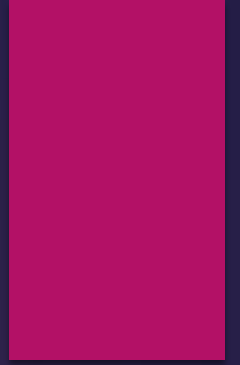
Self Care Options

- ▶ Head position and sitting posture
- ▶ Jaw muscle release
- ▶ Self soft tissue/muscle release
- ▶ Diaphragm breathing
- ▶ Massage
- ▶ Yoga/exercise
- ▶ Acupuncture/Dry needling
- ▶ Chiropractic
- ▶ Physical Therapy
- ▶ Meditation

Posture



Posture
?



Neutral Sitting

- ▶ Monitors
- ▶ Mouse/keyboard



Standing Posture



Neutral Standing



Diaphragm Breathing

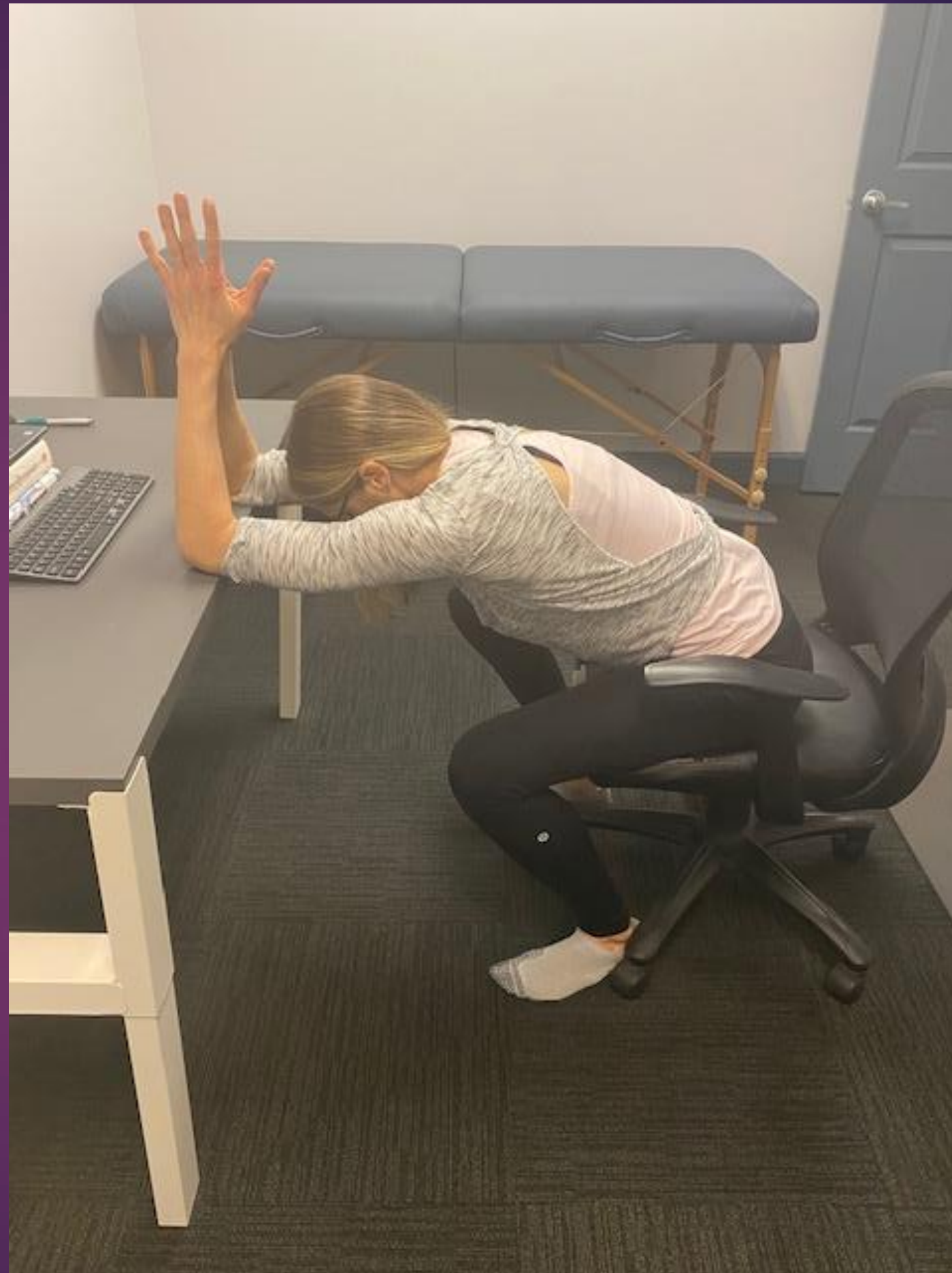
- How to
- Benefits



Self Soft Tissue Release



Mobility



Mobility



Nerve and Tissue Tension



Transition Movements

- Sit to Stand
- Respect Anatomy



Lifting = Squat Mechanics





Lifting Overhead



Standing



Nerve and Tissue Tension



Create Space





WATER

- ▶ How much
- ▶ Intuitive
- ▶ Be aware
- ▶ Start building up to a gallon. Should not be forced. Some drink more, some need less depending on their composition, activity levels, food

Resources

- ▶ Website
- ▶ RoganSportsClinic.com
- ▶ IG/SM
- ▶ @RoganSportsClinic
- ▶ Blog
- ▶ Thank you! (:

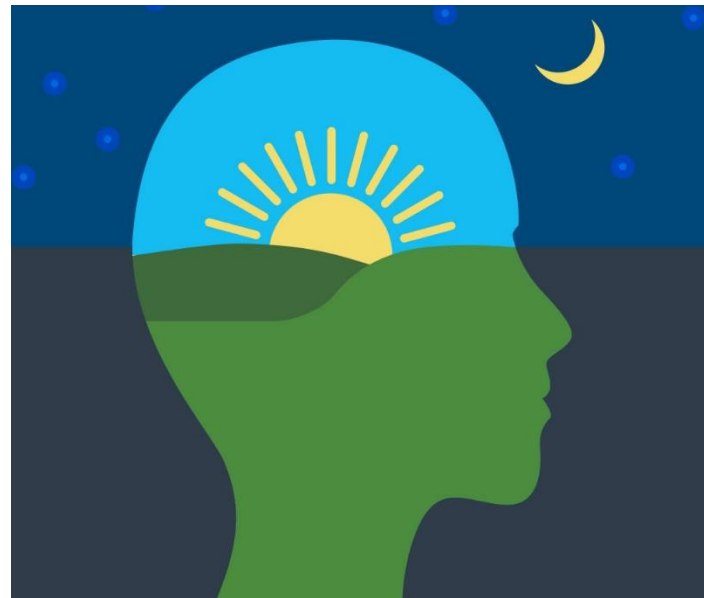
THANK YOU!

Join NFP for our next virtual event:

Optimizing Immunity Through Nutrition

March 30, 2022

12:00 – 1:00 ET



Click [HERE](#) or scan the QR code to register.

