



# THE ULTIMATE GUIDE TO SPINE CARE FOR OFFICE WORKERS

---

E-BOOK





## CONTENTS

<b>THE ULTIMATE GUIDE TO SPINE CARE FOR OFFICE WORKERS .....</b>	<b>1</b>
<b>Introduction .....</b>	<b>4</b>
<b>Understanding Your Spine .....</b>	<b>5</b>
<b>Ergonomics in the Workplace.....</b>	<b>6</b>
<b>Find Relief .....</b>	<b>7</b>
<b>Diet and Exercise for Spine Health .....</b>	<b>8</b>
<b>Maintaining Good Posture .....</b>	<b>10</b>
<b>Taking Care of Your Spine Outside of Work .....</b>	<b>11</b>

# WELCOME

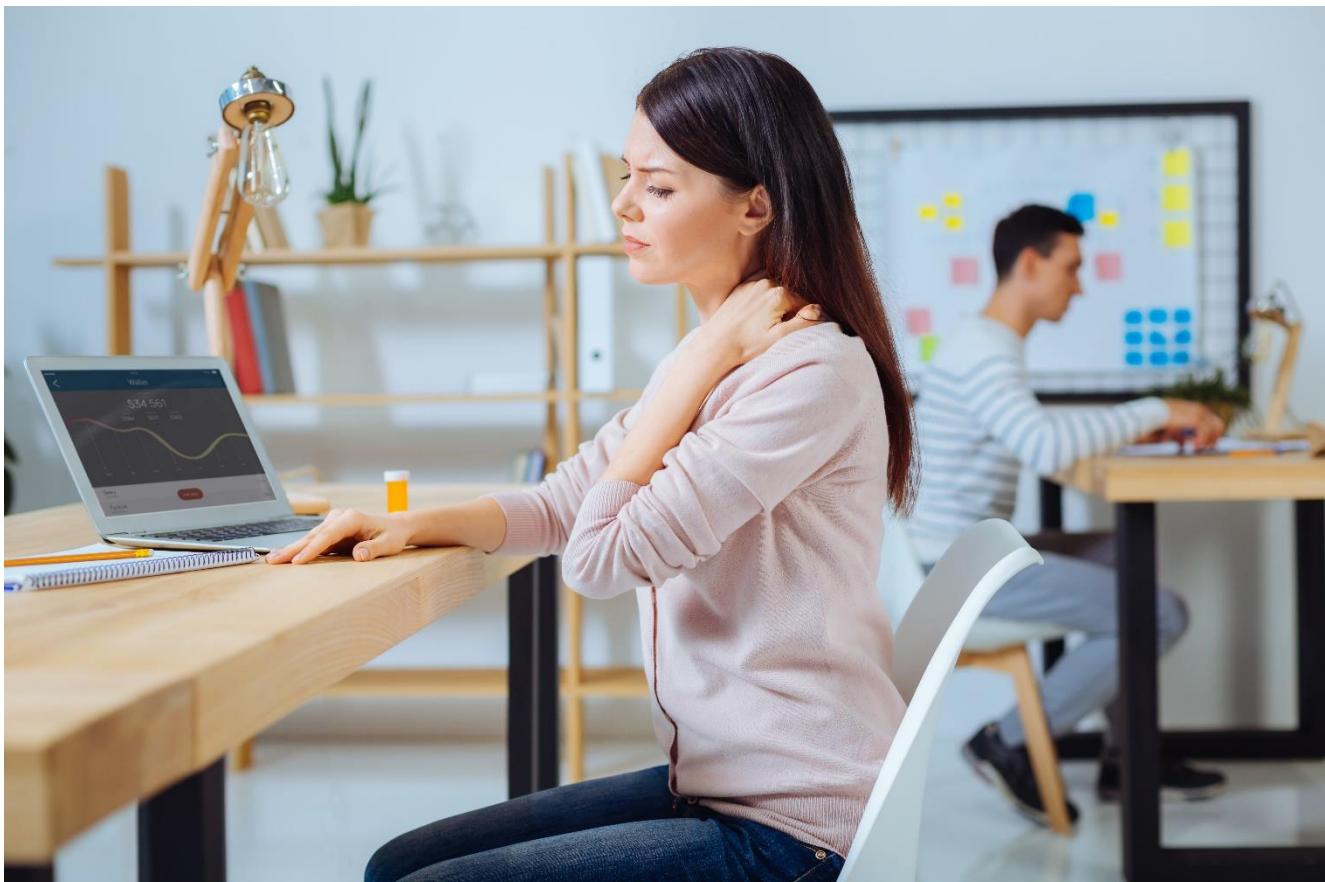
Physiofied Experts Team of Physiotherapist have created this E-Book for people who are working in office. Spine care is very important for office workers, as they often spend many hours sitting in front of a computer or desk, which can lead to various spine-related issues.

The good news is that it's usually not serious, and there are many simple things you can do to feel better. We encourage you to go through this E-Book page by page to understand the causes of Spine pain, risk factors, and how to care for your spine.



# Introduction

Spine health is extremely important for office workers because they typically spend long hours sitting at their desk in front of a computer.



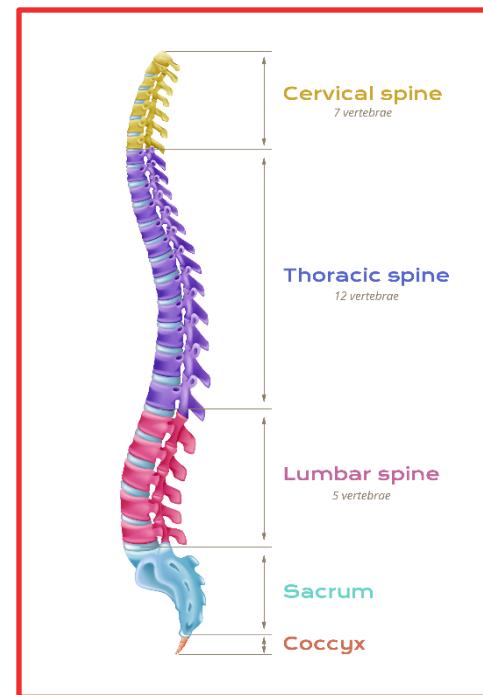
Poor posture, sitting for long periods of time, and repetitive movements can put a lot of strain on the spine, leading to pain, discomfort, and even serious injuries over time.

# Understanding Your Spine

The spine is a complex structure of bones, discs, ligaments, and muscles that provides support for the body and protects the spinal cord. It is made up of 33 individual bones called vertebrae, between each pair of vertebrae is a gel-like disc that acts as a shock absorber, called the intervertebral disc.

## Most Common Spinal Conditions

- **Herniated Disc**
- **Spinal Stenosis**
- **Spondylolisthesis**
- **Osteoarthritis**
- **Osteoporosis**
- **Scoliosis**
- **Spinal Tumors**

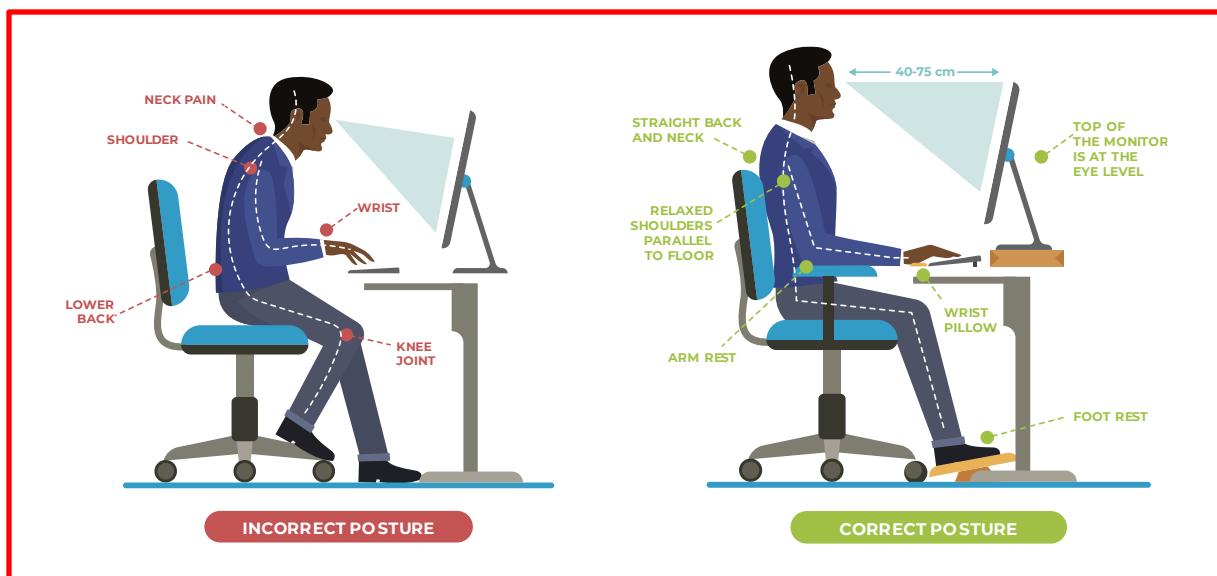


## Should I See a Doctor ?

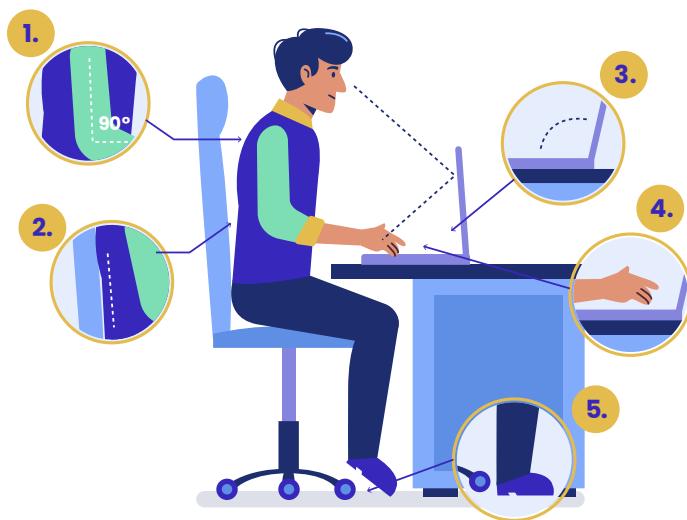
- Weakness, numbness, or tingling in your leg.
- Pain spreading down your leg, especially below your knee.
- New bladder or bowel problems.
- Unexplained weight loss, or fever.

# Ergonomics in the Workplace

Ergonomics is the study of how people interact with their work environment, and it seeks to optimize the design of work spaces, tools, and equipment to maximize productivity and reduce the risk of injury or discomfort.



## CORRECT YOUR POSTURE



# Find Relief

Try These First :

Treatment	Does it work?
<b>Ice/cold packs</b>	Yes, Ice helps to stop muscle spasms, reduce inflammation, and calm the nerves sending pain signals to your brain. Use a damp towel between your skin and the cold pack. Don't use a cold pack for longer than 15 to 20 minutes at a time.
<b>Heat packs</b>	Try ice first. Heat might make inflammation worse at first. If ice doesn't help, you can try heat. Use a heating pad, heated blankets, or even a hot shower.  Don't use a heating pad for more than 15 to 20 minutes or fall asleep while using one.
<b>Non-prescription anti-inflammatory drugs like aspirin, ibuprofen, or naproxen</b>	These medicines help reduce pain and swelling. These can be hard on your stomach, so it helps to eat something when you take aspirin, ibuprofen, or naproxen.
<b>Staying active</b>	Yes. Bed rest can slow the healing process and Avoid activities that make your pain worse.



X-Rays, MRIs, or CT scans is rarely needed for back pain. Neither is surgery. The problem often goes away on its own after a few days of light activity.

# Diet and Exercise for Spine Health

## BEST DIET PLAN FOR HEALTHY SPINE



GREEN LEAFY VEGGIES



FLAX SEEDS



DAIRY PRODUCTS



AVOCADOS



BERRIES



ORANGE COLOURED FOODS



LENTILS



OMEGA-3 FATTY ACIDS



ALMONDS

# Exercises for Good Spine Health

## 1 Plank

Get in a push up position, with your forearms on the ground, shoulder-width apart. Keep your back straight and core tight.



## 2 Back Arch

Lay on your back, lift your hips, keep your back straight. Hold for 5 seconds, then repeat.



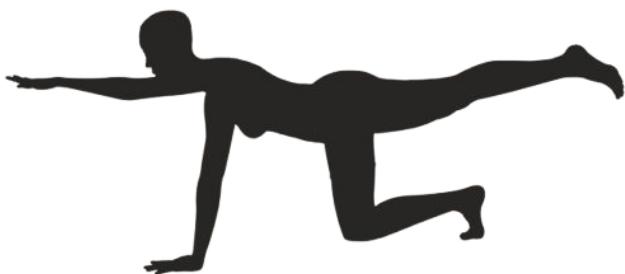
## 3 Swimming

This aerobic exercise is low-impact and gets blood flowing to your lower back muscles. Losing weight can also help reduce back pain.



## 4 Bird Dog

Start on your hands and knees. Extend one leg; hold for 5 seconds. For a more advanced option, extend your opposite arm.



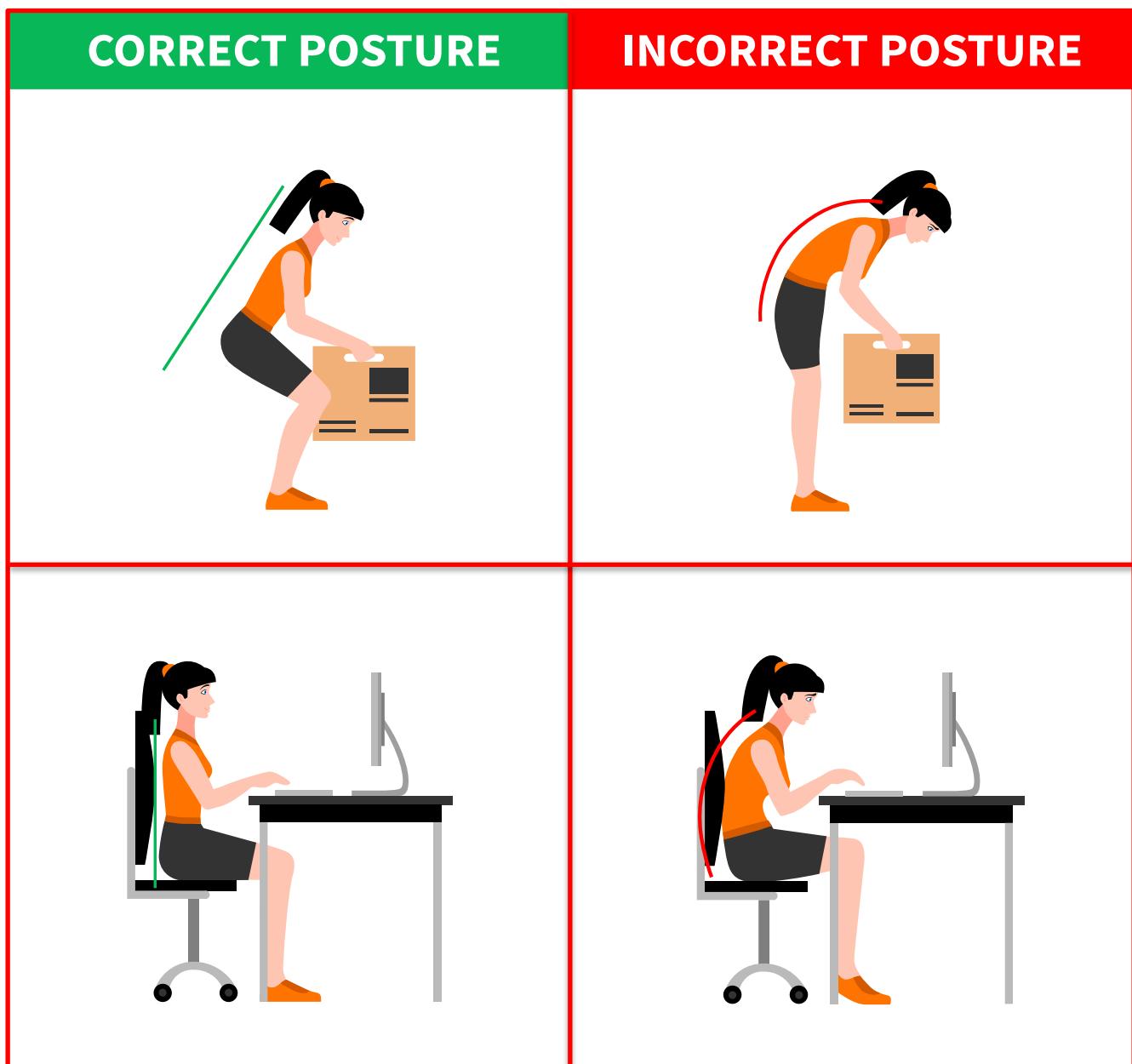
## 5 Table and Child's Poses

Start on your hands and knees in the table pose with a straight back. Then, bend your knees and hips so your glutes are on your heels and your hands are extended forward.



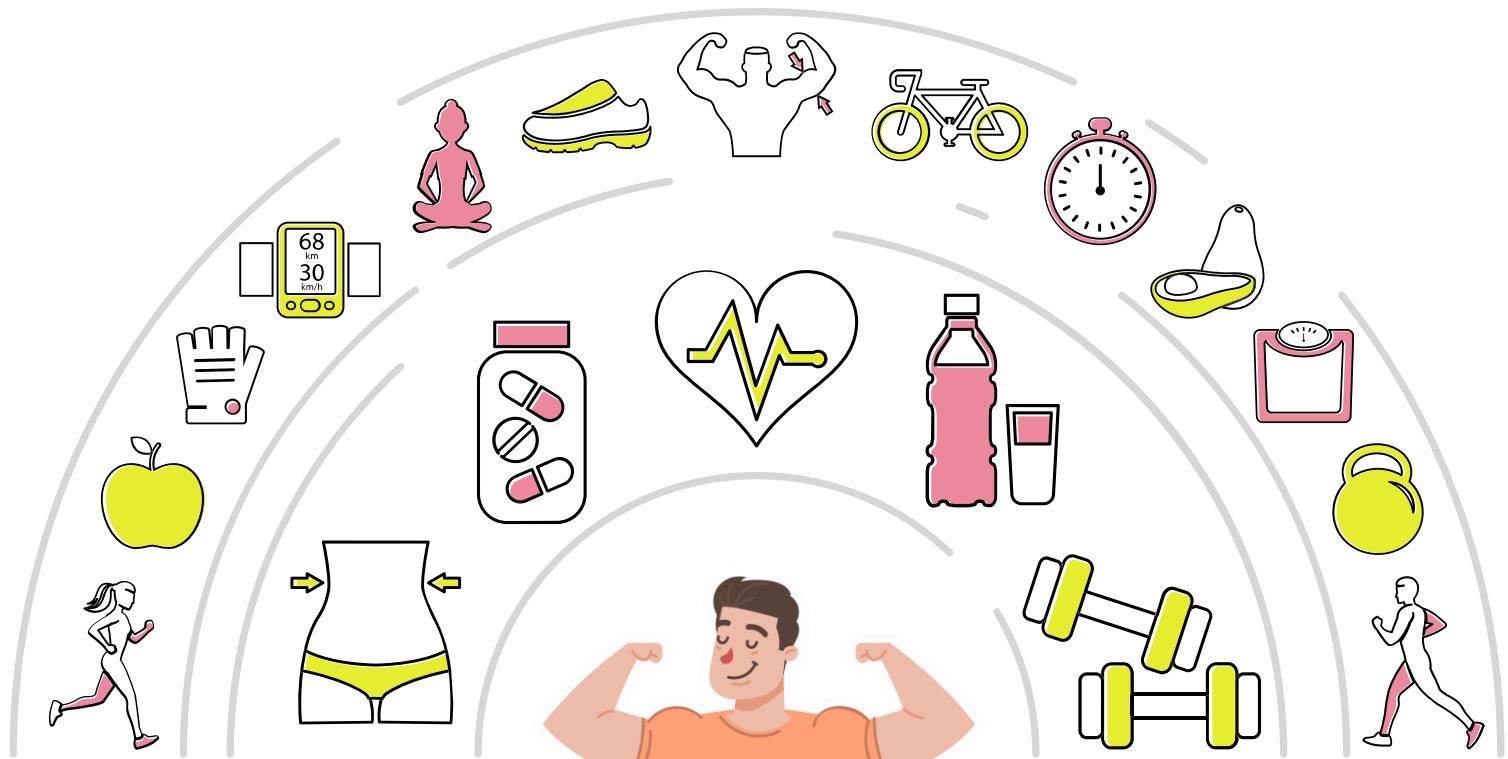
# Maintaining Good Posture

Good posture helps to distribute the weight of your body evenly, reducing the strain on your muscles and joints. This can help to prevent pain and discomfort in the back, neck, shoulders, and other areas of the body.



# Taking Care of Your Spine Outside of Work

- Core Exercise regularly
- Stay Hydrated
- Do not Smoke
- Avoid Processed Food
- Firm or Medium-Firm Mattresses
- Mediation
- Morning Sun light



# Who We Are ?

We here at PHYSIOFIED are working on a mission to make your PHYSIOTHERAPY experience awesome. Here at PHYSIOFIED, you will be getting the best physiotherapy experience ever as we understand the pain and pangs that people go through. So we built PHYSIOFIED in order to give you a life-enriching experience. We are a team of techies and Physiotherapists working together to enhance the home healthcare experience.

“

## WHY ONLY PHYSIOFIED?

- You get your first home visit FREE. No hidden charges, nothing. It is absolutely FREE.
- You can talk to a physiotherapist over the phone and that too free.
- Affordable pricing – We believe in one cap doesn't fit at all. So our subscription plans are tailored according to your situation.
- You can change physio if you do not like his treatment and we won't charge any extra money for that.
- Continuous feedback calls to monitor your health conditions.

”



# THANK YOU!

**CLICK HERE TO BOOK FREE FIRST VISIT**

**CONTACT US!**



care@physiofied.in



+91 8076511830



VISIT NOW