



Reducing Joint Pain for Desk Workers

Check your work station

Does your work station match your needs with your keyboard and mouse within comfortable reach. If you are constantly leaning to write or type, try adjusting your desk and chair or speak with your organisation to have a desk assessment. Prevent - prevention is always better than cure so don't wait until you have any pain to try some of the suggested tips.

Stretch

Sitting at a desk for long periods leads to static postures which can eventually cause pain. Focus on stretching your chest and neck, holding each stretch for 30 seconds to reduce a build-up of tension in those areas and prevent pain or potential injury.

Move

Even if it's just to stand up and stretch, it's essential that you keep moving throughout the day. When joints, particularly shoulders, are static for long periods they become immobile long term and can lead to problems such as frozen shoulder. So take regular breaks from your desk.

Support your wrists

Excessive pressure on your wrists can lead to pain or even carpal tunnel syndrome. Your wrists should be lifted off the desk when typing, or you can use a gel pad to help support them whilst typing on a keyboard.