## Releasing Computer Posture Workshop

Back pain is the leading cause of long-term sickness in the UK and was responsible for more than 15 million lost work days in 2013[1]. Indeed, aches and pains due to working in the same position for long periods of time are estimated to result in over ten million sick days a year, **costing the British economy £5.7 billion** (UK Government Health and Safety Executive).[2]

Our spines stay strong by rotating, bending and extending. Knees, hips, ankles and feet all need to move to stay healthy too. A seated position prevents the spine from moving, holds the knees and hips tightly in a flexed position and places significant strain on the neck, shoulders and ankles.

Hunching over a PC exacerbates this - **for every inch the head moves forward in posture, its weight on the neck and upper back muscles increases by 10 pounds[3]**, compressing the spinal vertebrae. Slouching also inhibits breathing, constricts circulation and often leads to loss of concentration.
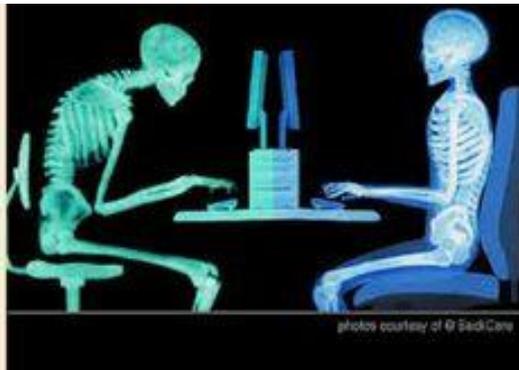
However, most of us have to sit for many hours a day, meaning it is vital to a) sit in the best way possible b) release the negative physical effects of sitting on a regular basis c) stand up whenever we get the chance!

This workshop teaches simple but effective stretches and exercises for reducing the physical tension that accumulates when sitting.

Workshop synopsis:

- We start with a short briefing on the anatomy involved.

- We then move through the body from the feet up, focusing on stretches and exercises for the ankles, legs, hips, wrists, back, shoulders and neck. All exercises are simple, safe and memorable and can be practised at a desk or elsewhere in an office environment.

- We then learn to sit with good posture.

- All participants receive a take away hand-out that explains all the exercises taught.

[1] NHS website
[2] http://www.hse.gov.uk/research/rrpdf/rr491.pdf
[3] Doug Keller, Oct 2014 http://www.doyoga.com/