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thrive chiropractic
wellness centre

Work Space Ergonomics

For those of you who work in front of computers for most of the day, problems such as neck pain, wrist pain, headaches, numbness or tingling may be a regular occurrence. In addition to treating and resolving these conditions, chiropractors will regularly give advice on your work setup.

Having an ergonomic workspace can significantly reduce the severity of these symptoms, and will often stop them from recurring once they have been dealt with. Its been mentioned here before, but the single most important thing you can do to decrease the stress on your body is to purchase a pull-out tray. Installing a pull-out

tray and placing both your keyboard and your mouse on it will decrease the stress on your posture, and subsequently your neck and back.

For a customized workspace setup that is measured to your height, check out this link:

<http://www.ergotron.com/tabid/305/language/en-US/default.aspx>

(Thanks to James for the find!)

If you have any questions about workspace ergonomics or resolving your pain, please [contact](#) your [Vancouver Chiropractor](#) for more information.

Kids and Your Back

Do you have kids? Raising kids can be tough on your back. Picking kids up from the crib, placing them in and out of car seats and multi-tasking while carrying them, can create havoc with your back. If you're already suffering from chronic back pain, this added stress can inflict moderate to debilitating back aches.

A strong set of core muscles can help cope with daily family life, not to mention keeping up with your favourite

hobby or activity. Consulting with a massage therapist can provide you with a plan of specific exercises and stretches focused on maintaining a solid core, as well as addressing other areas of over-use.

Seeking out a registered massage therapist (RMT) can keep you and your back on track. [Contact us](#) for more information, or check out [Vancouver Massage Therapy](#) for details on our RMTs.

Upcoming Office Closures

Dr. Debbie Wright will not be in the office Saturday February 23rd, 2008.

Otherwise, there are no office closures to report.

Topics in this issue:

- Work Space Ergonomics
- Kids and Your Back
- Upcoming office closures

Practitioners:

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