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SOLVING BACK PAIN
*Through Posture Corrections
and Ergonomic Assessments*

Have you been dealing with stubborn back pain but aren't sure why? If you spend a lot of time sitting throughout the day, whether at your desk or have a job where repetitive movements are part of the job, you could be experiencing back pain as a result of poor posture and benefit from a holistic ergonomic assessment!

Back pain and ergonomics are closely related. Ergonomics is the study of a person's efficiency and effectiveness in their working environment. For example, something as simple as adjusting your chair or modifying your workspace could help correct bad posture or harmful techniques and help resolve your pain.

At first, it can be challenging to change your postural habits, especially if they've become a habit. Fortunately, with the help of our multidisciplinary team at Foundation Physiotherapy & Wellness, you can learn how to find your ideal posture and reduce your pain!

Our physical health specialists can perform a virtual ergonomic assessment to identify ways to modify your environment so you can live more comfortably. Call our clinic today to schedule your ergonomic assessment with your physiotherapist or chiropractor.

What Exactly Is Posture?

Posture refers to the alignment or position in which someone holds their body when standing, sitting, or even while moving. Good posture involves maintaining proper alignment, balance, and positioning of the body's structures, including the vertebrae (bones), muscles, joints, and limbs.

Your ideal posture is characterized by the natural curves of the spine being maintained, with the head balanced over the shoulders and the shoulders aligned with the hips. The body is in a state of balance and alignment that minimizes strain on muscles, ligaments, and joints.

On the other hand, poor posture is characterized by holding the body in ways that deviate from its natural alignment. This can include slouching, hunching forward, rounding the shoulders, or excessively arching the back.

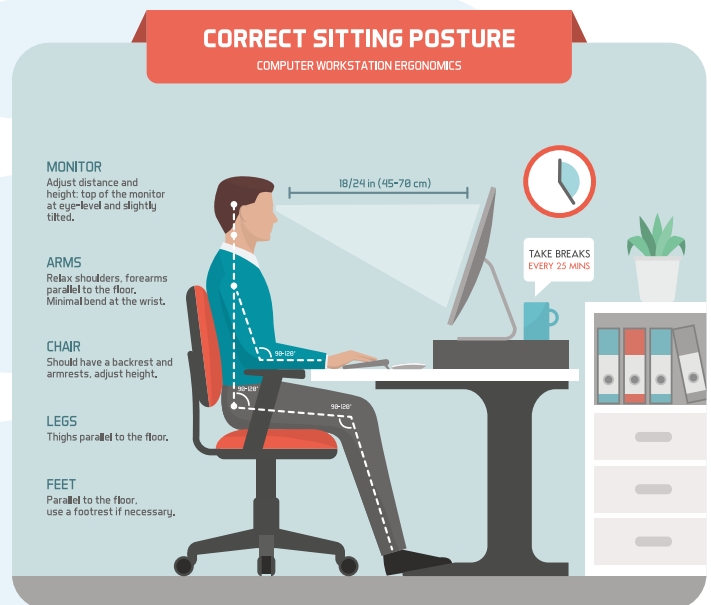
Posture and Ergonomics

Poor posture, whether from slouching at a desk or hunching over a workstation, places unnecessary stress on the structures of your back. Over time, this can lead to muscle imbalances, compressed nerves, and chronic pain.

Many people with jobs that involve sitting or standing in place for long periods of time adjust to unnatural positions like slouching or hunching forwards. However, these habits mean your back isn't provided with the support it needs.

Fortunately, our team understand the importance of ergonomics. We can identify how to address your specific needs. By practicing good posture in your workplace or home environment, you can integrate habits into your daily life that will help correct back pain and discomfort.

Sources
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>; <https://pubmed.ncbi.nlm.nih.gov/32621351/>



What Is a Virtual Ergonomic Assessment?

At Foundation Physiotherapy & Wellness, our physiotherapists and chiropractors will hold ergonomic consultations virtually rather than in-person. After reviewing your medical history and the physical demands of your job, we will conduct our ergonomic assessment, including observing your home and/or work environment.

We will carefully assess the different elements of your space, such as:

- Desks, tables, and chairs
- Your workstation set up
- Tools or equipment you use

We may also request that you break down the summary of a typical day in your life. This way, we can determine which items may be necessary to modify. For example, we may advise you to change the position of your computer monitor or suggest setting a time to remind you to get up more frequently to walk around and take a break.

In some circumstances, specialized devices or equipment modifications (such as customized chairs, back support, or headrests) may be recommended as ways to help maintain your ideal posture while making your daily tasks more comfortable.

In addition, we can provide you with a report for your employer and/or physician to see if needed.

Schedule an Appointment Today

Our clinic is equipped with a multidisciplinary team of specialists who can help you improve your back pain and potentially say goodbye to it for good! With posture education, ergonomic assessments, and subsequent modifications, your back pain could be a thing of the past.

Call Foundation Physiotherapy & Wellness today to learn more and get started!

BOOK NOW!

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STAFF SPOTLIGHT

DR. RYAN ALBERT, DC

Clinic Lead, Chiropractor

(Senior Associate)

Locations: Dundas West, Corktown and Downtown Core



For the longest time, I knew a role in health care was MY JAM but I didn't know where I fit in the mix. After several years spent working in an academic hospital setting, I realized the traditional health care roles weren't for me. I wanted to be part of the next wave of health care; addressing preventative approaches to health rather than reactive ones. That was where my journey in chiropractic began.

After completing my undergraduate degree in Biology and Psychology at McMaster University, my next step of schooling continued in Toronto at the Canadian Memorial Chiropractic College (CMCC). I have also completed Neurofunctional Acupuncture certification (a bit different than your average acupuncturist treatment) at McMaster.

I LOVE treating neck and low back pain because as a chiro, I believe we are best equipped for the job but I enjoy helping anyone with a body and a musculoskeletal problem; I'm always up for a challenge. My approach is unique in that I'm always looking out for you. I have lots of tools in the toolbox and while certain things may work well for others, they may not be the best approach for you. We will figure out, together, what the best plan of attack is for your concerns.

Outside of work, I am a big-time gym rat, love being outdoors, playing volleyball, watching movies and hanging out with my wife, Mishelle and daughter, Bowie.

BOOK NOW!

AT-HOME EXERCISE

WALL ANGELS (aka "V" TO "W" STRETCH)

This exercise is very helpful if you sit a lot throughout your day.

Start by standing upright against a wall, with the heels of your feet about 3-4 inches away from the wall. Bend your knees slightly and engage your core so your lower back and head are touching the wall. Next, bring your arms up and out to the side to make a "W" against the wall. Then, slowly raise your arms up the wall until as high as comfortable, or until you make a "V" shape with your arms.

Make sure your head, back, shoulders are in contact with the wall throughout the exercise. Ideally keep both your elbows and wrists in contact with the wall as well. Hold for 5 seconds, 5-10 repetitions. Every 2 hours as a break from sitting!

