WORK well, PLAY well, Be well

Faculty & Staff Wellness @ KU
OBJECTIVES

- Learn about the postural issues, aches and pains associated with repetitive desk work.
- Experience simple movements to strengthen posture.
- Review basic exercise guidelines for cardio, strength and flexibility to fit in fitness.
- Discuss employee wellness goals & opportunities for FY11.
POSTURE
The good, the bad, the ugly
85% of American visit a doctor for back pain each year.

- Many cases are due to poor posture habits and weak muscles.
POSTURAL ALIGNMENT

Good Posture, side view

- Cervical Curve
- Spinal Column
- Shoulder
- Back Muscles
- Abdominal Muscles
- Buttock Muscles
- Hip
- Leg Muscles
- Knee
- Vertical Gravity Line
- Ankle
@ WORK

- Viewing Distance: 18-24"
- Viewing Angle
- Wrist: Straight
- Lumbar Support for Lower Back
- Seat Back Angle: 90°
- 90° Knee Angle
- 23-28" Adjustable Seat Height
- Feet on floor; footrest for shorter people
BAD POSTURE (EXAMPLES OF)
Chin juts out
Hunched shoulders
Pelvis pushed forward
Knees bent forward

Straight neck
Level shoulders
Feet directly below hips
Upper & Lower Cross Syndrome

Tight Hip Flexors
Tight Hamstrings
Lengthened / Weak
Upper / Middle Back

Muscle Imbalance Causes
UPPER CROSS

**CAUSES**
- Rounded shoulders
- Repetitive fwd movements
- Over lengthened upper/mid back
- Over short/tight pectoral muscles/anterior deltoid
- Desk work

**SYMPTOMS**
- Tension in trapezius/upper shoulders & neck
- Headaches
- Limited ROM shoulders
HELPFUL INTERVENTION

- Active shoulder retraction
- Passive chest/shoulder stretching
- Sitting straight
- Strength training & movement for upper back
- Exercise!

- Active release
  - Foam rolling/professional
  - Massage
LOWER CROSS

**CAUSES**
- Excessively tight/short hip flexor muscles
- Shortened & over short lower back muscles
- Over lengthened/weak abdominal muscles
- Weakened gluteals
- Long periods of sitting

**SYMPTOMS**
- Lower back pain
- Limited hip ROM
- Sway back/excessive lower back curve
HELPFUL INTERVENTION

- Exercise
- Core training
  - Planks
  - Functional movements
  - Pelvic tilts
  - Alignment against wall

- Passive stretching
  - Hip flexors
  - Gluteals
  - Lower back
WHAT TO DO……

- Get up and move
  - As muscles tires, slouching, slumping and other poor postures become more likely = extra pressure on the neck and back.
  - Change positions frequently.
WHAT TO DO......

- Use posture props/ergonomic chairs
  - Help take the strain off the back when sitting
  - Footrests, portable lumbar back supports, towels & pillows
    - office chair, car
WHAT TO DO……

- **Wear supportive footwear when standing**
  - Avoid high-heeled shoes for extended periods
    - Affects the body’s center of gravity
    - Changes the alignment of the entire body
    - Use a rubber mat when standing long periods
WHAT TO DO.........

- Exercise & stretch

- Those who think they have not time for bodily exercise will sooner or later have to find time for illness. ~Edward Stanley
PREVENTION & RELIEF EXERCISES
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- Upper body
  - Chest stretches
  - Shoulder stretches
  - Spinal extension
  - Shoulder retraction

- Lower body
  - Trap stretches – chair
  - Figure 4 – chair or lying
  - Standing/kneeling hip flexor stretch

- Core
  - Spinal twist – wall or lying
  - Cat/cow – standing or lying
  - Abdominal bracing
  - Pelvic alignment against wall/chair
MOVEMENT IS MAGIC

Guidelines
- Be ACTIVE every day
- 150 min cardio each week
- Strength training 8-10 large muscle groups 2 x’s/wk
- Stretch everyday – major muscles groups

Just move more!
GET INVOLVED, BE MOTIVATED

- 65% of adults prefer to exercise in groups
  - Helps with accountability
  - Motivation
  - Education

- Most people work harder in the presence of others
  - Atmospheric reciprocity
OPPORTUNITIES ON CAMPUS

- Red Dog Days
- Robinson Center

- KU Recreation Services
  - Activate your free week!
    - KU Fit Group Fitness
    - Faculty & Staff Boot Camp – Tues/Thurs @ noon
    - Small group training
    - Personal & Duo training
    - Sport clubs
OPPORTUNITIES ON CAMPUS

- Faculty & Staff Wellness Fair
  - April 20th, 2011 – 7:30 am - 2 pm

- Faculty & Staff Lunch n’ Learn (12-12:45 pm)
  - Tues, March 8th, 2011, Watkins Health Center Conference room
    - Supplement Savvy – Vitamins, Minerals & Fish Oil
      - Ann Chapman
  - Tues, April 5th, 2011, ASRFC, room 202
    - Women & Weight Loss
      - Amber Long
  - Tues, May 3rd, 2011, Watkins Health Center Conference room
    - TBA
      - Ann Chapman
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Questions?

www.recreation.ku.edu