

# NEWSLETTER

February  
2021



## AVOID UNNECESSARY WORK INJURIES WITH A STANDING DESK

For many of us, sitting at a desk, computer or even lifting is a daily part of our work routine. What you may not know, is that the routine may be more harmful long-term than you can imagine. Our bodies were made to move throughout a variety of positions during the day. If you have more of a sedentary job, then the lack of variety in your positions throughout the day can be detrimental to different areas of your body.

In general, standing is far better than sitting. If your job requires you to sit at a computer for most of the day, consider a standing desk. Being able to stand for 2-3 hours a day, instead of sitting the whole time, can make a big difference in the way that you feel and the health of your spine. There are some good standing desks on the market such as [varidesk.com](http://varidesk.com) that make it easy to transition from sitting to standing.

### *The Benefits Of A Standing Desk*

Did you know that standing burns between .7 to .15 more calories per minute than sitting does? It may not seem like a lot, but by simply standing for longer periods of time, you can easily burn more calories throughout the day. Sedentary lifestyles, such as those traditionally associated with desk jobs, can increase your risk of heart disease, obesity, or other serious health issues. However, investing in a standing desk or alternate seating option at work can help in greatly decreasing these risks!

Studies suggest whether you choose a standing or adjustable desk for your work day, integrative support can be beneficial in easing yourself into

the new setting. In fact, those who participated in some sort of integrative support program for their standing or adjustable desk stood for an average of 50 minutes longer each day than those who did not.

In addition to the type of desk you stand at, ergonomics is also an important concept to keep in mind. Ergonomic laptop desks and chairs can promote proper posture and decrease the risk of back problems, while workplace design can make an impact on employee happiness, productivity, and well-being.

### *What Type Of Desk Is Best For Me?*

Using a standing desk as opposed to a traditional sitting desk has been proven to lower one's chances of developing cardiovascular disease, diabetes, and obesity. Nevertheless, standing desks are not for everyone, especially those with joint or vascular conditions.

You may be asking, "doesn't standing all day long have its own implications?" The short answer is – yes. Anything without moderation can have its pitfalls. Standing can boost your energy levels, concentration, and even your mood, but if you have a traditional 9-5 job, chances are that level of productivity will dissipate after a while.

Standing for too long can cause you to run out of energy quicker and can take a toll on your physical comfort. Many medical professionals recommend adjustable desks for workplace environments, so employees can spend a large amount of their day standing or stretching, with the opportunity to rest when they become tired.

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# *What Else Can I Do To Help?*

When sitting, make sure that you are sitting tall, as if a string is pulling through the top of your head. Your computer should be directly in front of you, instead of off to the side. It should also be at the height where the top one-third of the screen is at eye level. Furthermore, make sure your keyboard is at the adequate height, creating about a 90-degree bend or less in your elbows. Armrests can be helpful to alleviate pressure on the shoulders when typing.

At Agility Physical Therapy, we can also provide specialized programs for making the most out of your work day. Our programs focus on integrative support for beginning a new workplace lifestyle, such as implementing a standing or adjustable desk into your daily routine. We can also provide you with tips and techniques for arranging the best ergonomically efficient area to work.

Don't let the stresses of work take a toll on your physical health! There are several steps you can take to improve your posture, strength, energy, and overall wellbeing throughout the workday.



*Schedule an appointment with Agility Physical Therapy today to get started on some integrative lifestyle changes that can help brighten your mood, enhance your creativity, and reduce your risk of developing health issues while you are at work!*

## *WONDERING ABOUT YOUR ACHE OR PAIN?*

*Contact Agility Physical Therapy & Sports Performance to get all of your aches & pain questions answered. We can help your pain transform from a pressing problem, to a distant memory, allowing you to live a happy, active and pain-free life!*

# ***Covid-19 Update***

A note to our valued Agility patients,

With the evolving news regarding COVID-19 in our area we wanted to inform you that patient health and safety is a top priority for us here at Agility. We are following updates regularly from the Center for Disease Control (CDC), the World Health Organization (WHO), and local government agencies regarding any updates and protocols needed.

Our company has always practiced infection control policies and appropriate cleaning and disinfecting of shared equipment between each use. During this time we are increasing the frequency and extent of these cleanings. Agility follows all rules and regulations to ensure that all staff are trained on the prevention and development and transmission of infection. All personnel are oriented in the infection control policy at hire and annually.

Although we are actively responding to this public health issue, we are still working hard in both of our locations where therapy, rehabilitation and wellness continue. Our staff is doing a remarkable job remaining calm, staying positive and keeping up normal daily routines as much as possible so our patients can feel safe and focused on their goals.

If you are concerned about symptoms or possible exposure, please stay home and contact your health care provider. As always, you are all in our prayers as we navigate through these challenging and uncertain times.

Sincerely yours,

The Agility Family

## ***FREE PAIN/INJURY ANALYSIS!***

***MOVE FREELY • ALLEVIATE PAIN NATURALLY • HAVE MORE ENERGY • ENJOY ACTIVITIES PAIN FREE • BE STRONGER***



***CALL TO SCHEDULE A TELEHEALTH OR IN-CLINIC APPOINTMENT TODAY!***

*Offer valid for the first 25 people to schedule. Expires 2-28-21*

# Clinic News!

**CALL TODAY! (941) 244-2410**



**WE OPENED A NEW LOCATION!**

**AGILITY PHYSICAL THERAPY -  
SOUTHBRIDGE**

**1525 TAMIAMI TRAIL S., STE. 604  
VENICE, FL 34285**

**YOU DON'T HAVE TO LIVE  
WITH PAIN!**



**DO YOU EXPERIENCE PAIN WITH  
THE FOLLOWING?**

- Standing for more than 15 minutes
- Squatting up and down from the floor
- Walking up stairs
- Running, walking, or physical activities
- When you wake in the morning
- Doing daily chores or activities

*Look at your answers to this checklist then make the decision to get help today. Call Agility Physical Therapy & Sports Performance!*


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# Exercise Essentials

## CERVICAL RETRACTION



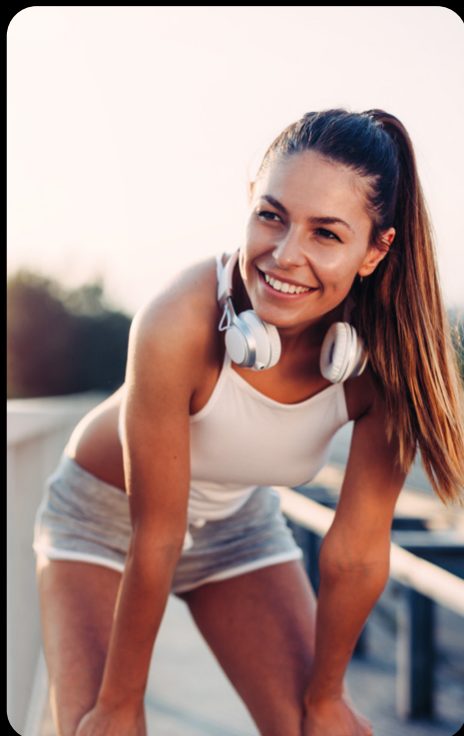
Stand with your back against a wall. Position a rolled-up towel behind your neck. Tuck chin like you are nodding 'yes'. Draw your chin closer to the back of your throat. Repeat 3 times.

Exercises copyright of  
 SimpleSet Pro  
[www.simpleset.net](http://www.simpleset.net)

# Patient Success Spotlight

**"I CANNOT THANK THEM ENOUGH FOR THEIR SUPPORT WITH MY ENTIRE FAMILY."**

*"Wonderful atmosphere and staff that are willing to help you reach your fitness goals in a non-intimidating environment. The staff at Agility Fitness have the tools not only to get you into shape, but rehabilitate you after an injury or surgery. I cannot thank them enough for their support with my entire family. I would recommend them over and over again!" - A.S.*



**CALL TODAY! 941-484-8107**