



Blackrock Clinic  
Member of the Blackrock Healthcare Group

## **Blackrock Clinic Physiotherapy Department – Patient Information**

### **Tips for working from home**

#### **General tips**

- Create a designated work space
- Make a “home to work” commute like enjoying a cup of tea or coffee
- Structure your day like you would in the office and make sure to schedule breaks
- Ideally every 30 minutes take a 2 minute break to perform refresh exercises which help to reduce the build-up of tension or fatigue in your muscles
- Keep hydrated aiming to consume the recommended 1.6L (8 glasses) for women and 2 L (10 glasses) for men of water per day
- Consider the temperature of the room that you are working in aiming for between 21 to 22°C
- Where possible let natural light into the room but avoid glare on the screen
- Keep active aiming for 150 minutes of moderate aerobic exercise per week (30 minutes x 5 days a week) to get the heart and lung benefits

#### **Refresh exercises**

- Turn your head to the right, return to centre and turn your head to the left x10
- Look up, return to the centre and then look down x 10
- Roll your shoulders forwards x 10 and then backwards x 10
- Breast stroke motion x 10
- Draw a figure of eight with your hand x 10
- Make a fist and then straighten your fingers out x 10
- Thumb circles x 10

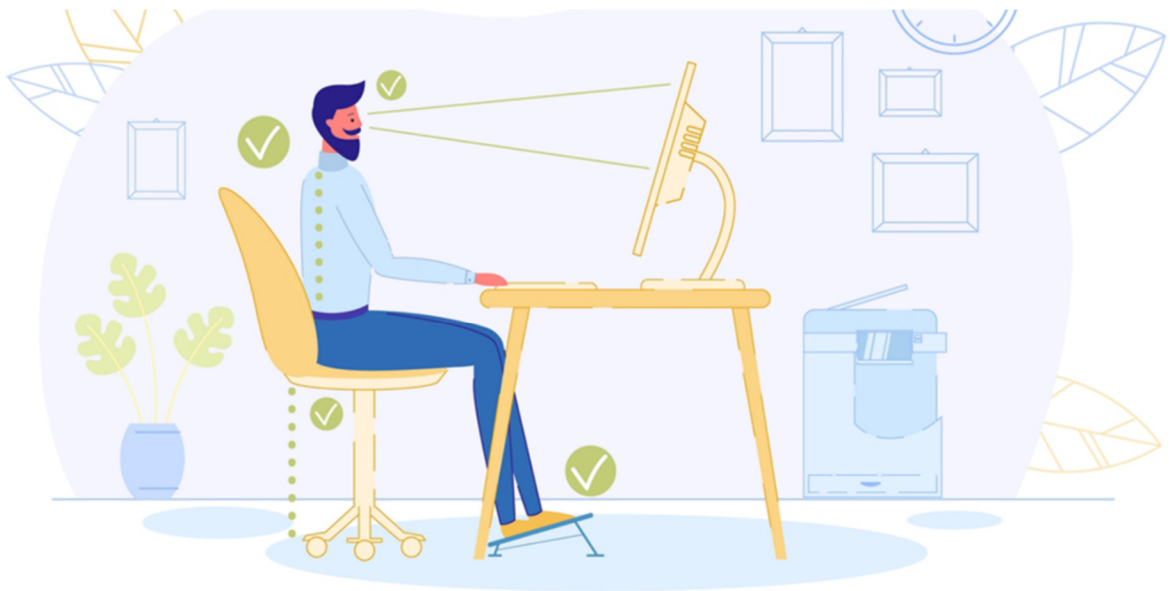
Perform each movement in a slow and controlled manner if you do not have time to do them all pick 4 exercises and focus on performing them well rather than trying to rush through them all.

#### **Chair set up**

- Good supportive chair with back support and arm rests ideally
- When sitting your hips should be higher than your knees avoid chairs that place your hips below your knees
- Make sure your feet are flat on the floor or if they don't reach rest them on a book as this will help to maintain a symmetrical posture

## Desk set up

- When typing your hands should be floating so your table should be just above hip height when sitting, if your table isn't adjustable try adjusting your chair
- Your monitor should be facing straight in front of you with the top of the screen at eye level, if you use split screen monitors make sure they are beside each other
- The monitor should be about an arm's length away from you
- If you are using a lap top raise the height of the lap top on books or you can get specific stands and consider using a wireless keyboard
- Tilt your screen at an angle between 10 to 20 degrees
- Make sure your keypad is straight in front of you and flat
- Your elbows should be in at your side and bent and your wrists should be straight and relaxed when typing



## **Contact Us**

If you would like any further information or specific advice please contact the Physiotherapy Department either by email [physiotherapy@blackrock-clinic.com](mailto:physiotherapy@blackrock-clinic.com) or by telephone 01 206 4683.