



HealthSource
America's Chiropractor®

Your Guide to Workplace Injury Prevention

Stay Comfortable and Healthy at the Office

Prolonged sitting, repetitive motions, and poor workstation ergonomics are leading causes of workplace injuries. Simple adjustments to your work habits and regular chiropractic care can prevent common office injuries like back pain, neck strain, and repetitive stress injuries.

9 Essential Workplace Injury Prevention Strategies



Optimize Your Workstation

Adjust your chair, monitor, and keyboard to maintain neutral spine alignment and reduce strain.



Take Regular Movement Breaks

Stand, stretch, and move for 2-3 minutes every 30 minutes to minimize negative effects of prolonged sitting.



Follow the 20-20-20 Rule

Every 20 minutes, look at something 20 feet away for 20 seconds to reduce eye-strain and neck tension.



Practice Proper Typing Posture

Keep wrists neutral, shoulders relaxed, and feet flat on the floor while typing.



Avoid "Tech Neck"

Hold phones and tablets at eye level to prevent forward head posture and neck strain.



Strengthen Your Workspace Muscles

Perform sitting or standing exercises and stretches throughout the day to counteract muscle imbalances.



Lift Safely at Work

If your work involves repeated lifting, bend your knees and keep objects close to your body.



Listen to Your Body

Address discomfort, tingling, or stiffness before these warning signs become chronic workplace injuries.



Make Walking Meetings the Norm

When possible, conduct phone calls and one-on-one internal meetings while walking to increase daily movement.

How Chiropractic Care Prevents Workplace Injuries

Chiropractic adjustments restore proper spinal alignment that's compromised by desk work and repetitive motions. Regular care addresses postural imbalances before they cause pain, improves joint mobility restricted by prolonged sitting, and enhances circulation to prevent muscle tension and stiffness.



HealthSource Services for Workplace Injuries

- › **Comprehensive evaluations** to assess your risk factors and create personalized treatment plans
- › **Chiropractic adjustments** to restore proper spinal alignment and joint function
- › **Advanced therapeutic services**, including laser therapy, to reduce inflammation and accelerate healing
- › **X-ray services** to evaluate spinal health and identify underlying issues
- › **Custom orthotics** to improve alignment and support during work activities

When to Visit Your Chiropractor

Schedule an appointment if you experience persistent neck pain, lower back discomfort, or headaches related to work activities. Regardless of your current level of discomfort, visit your chiropractor regularly if you spend more than 4 hours daily at a computer or have a history of workplace injuries. Preventive care addresses problems before they affect your productivity and quality of life.



**Ready to Prevent
Workplace Injuries
and Stay Productive?**

**Schedule your workplace injury
prevention consultation today
at your local HealthSource clinic.**

Our experienced team will create a personalized treatment plan to keep you comfortable, pain-free, and performing your best at work.

Find your nearest clinic at
healthsourcechiro.com



*Your trusted partner in workplace
wellness and injury-free productivity.*