

Tool #5 How to Sit Without Back Pain in Your Office

We hope to convey to you one of the key points with all forms of sitting and back pain is the benefit of movement and change of position.

The most important tactic you can use to combat back pain while sitting is to intermix the sitting with walking and movement. The person who attempts to sit with the perfect posture should still intermix change of back positions, movement, and walking.

Use of a Standing Desk



I (Bob) hurt my back when moving furniture to a new apartment in 1985. I began to experience sciatica type symptoms. Over the next month, I avoided sitting. I did all my notes for treating patients standing at a counter. Eventually the sciatica pain subsided, and I have not had any symptoms since. If I were to injure my back now, I would use a height adjustable standing desk or desk converter. In fact, I am typing this document while standing at a desk converter.

There are many great desk companies out there, but we have found the quality of our Flexispot desks and converters to be excellent. Link for Flexispot desk:

<https://amzn.to/3ILoc4o>