



# Scotland Massage Therapy

## Remember to Move!

Have you ever been sitting at your computer, whether at work or at home and the next thing you know...a few hours have gone by! Though computers have revolutionized the world today, they have also chained us to our desks and chairs (or mattress and pillows for all you bedroom laptop users - likely worse posture than when sitting at a desk!). You may find it hard to tear yourself away from the task at hand, telling yourself, "just another few minutes". It is important to take micro-breaks throughout the day to prevent musculoskeletal strain and repetitive strain injury (RSI). Done several times an hour, these breaks don't need to be long, even 30 seconds is better than nothing, and your mental alertness and productivity will benefit as well as your body aches and pains.

There are many break reminder programs available to download onto your computer to remind you to take a short break. If you need more encouragement and ideas, many even outline specific stretches. WorkSafeBC has a free downloadable tool called WorkSafe Sam that runs in Windows as well as a "How to Make Your Computer Workstation Fit You" document, both found on this page:

<http://www2.worksafebc.com/topics/ergonomics/resources-office.asp>



Download the WorkSafe Sam "Stretch Prompter," a desktop tool that provides stretching tips to help reduce eye and muscle strain for office workers. "Sam" is an animated character that leads you through simple stretches. For the true workaholics, there are even programs that will lock you out of your computer for a short time at intervals that you control.

At the following link there is an *excellent* video from Kelly Starrett, the Founder of Crossfit San Francisco explaining proper posture in different working positions; it is really worth a watch!

<http://on.aol.ca/video/kelly-starrett-of-crossfit-san-francisco-517516680>

As a leading myofascial practitioner once said, if a gorilla were to sit in a chair all day he would get a bad back too!

**Andrea Lorentz HonBA, RMT**  
Scotland Massage Therapy  
[scotlandmassage@gmail.com](mailto:scotlandmassage@gmail.com)  
[www.scotlandmassage.com](http://www.scotlandmassage.com)  
519-410-9877