

I am a receptionist in a stressful, high paced working environment and often feel pain and stiffness in my lower back from the days activities. What should I do to relieve this discomfort during my workday?

Initially assess your workstation set-up as well as your office chair. Adjust the chair height so that the thighs are parallel to the floor and the back is supported and capable of keeping your shoulders and hips in line. The ears should be in line with the shoulders. That means your monitor will also be at a height and distance it prevents you from looking up or down or leaning forward to read. Your forearms will be parallel to the floor with your shoulders relaxed and don't reach for that keyboard or mouse. Make sure you don't sit beyond 40 minutes at one time, get up and do some easy stretches throughout the day.

Make sure that your spine is in good alignment and get regular exercise when not at the office. If your back pain continues, consult your Chiropractor.