



# HEALTH

# AT YOUR DESK

*Is too much sitting  
contributing to your  
chronic aches and pains?*





## Health at Your Desk | *What We'll Discuss*



**Understanding the Effects of Prolonged Sitting on our Bodies**



**Conditions/Pains that Occur**



**Tips for Prevention**



**Traditional vs. Evidence-based Approach**



**Questions & Answers**



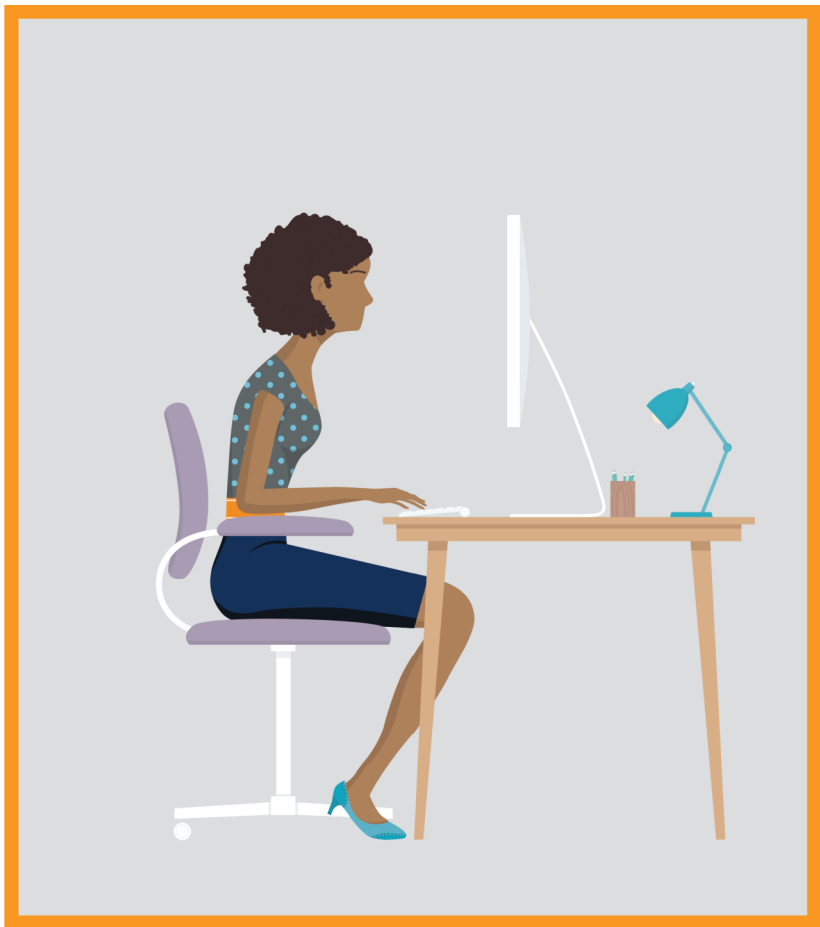


## Health at Your Desk | *What's the big deal?*

### Why Should We Care?

- It is estimated that 80% of all American jobs entail prolonged sitting with little to no physical activity
- The average American sits for roughly 7.7 hours per day between work, commuting, eating, and leisure activities
- Sitting corresponds to an increased risk in chronic diseases including: high blood pressure, diabetes, kidney disease, colorectal cancer
- Prolonged sitting has been linked to increased prevalence in back pain, neck pain, headaches, and other musculoskeletal conditions





### Why Does This Occur?

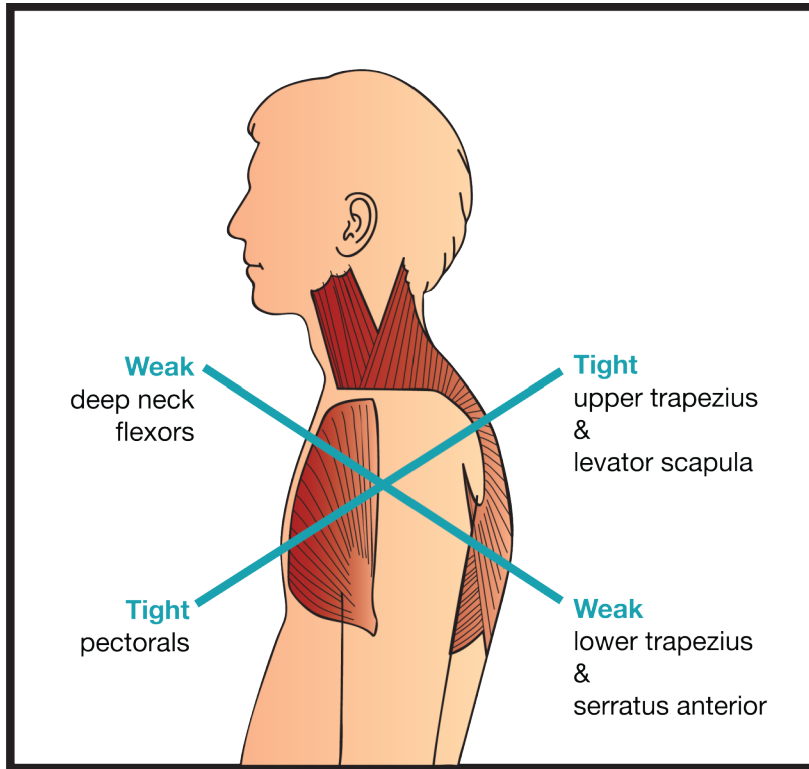
- Prolonged sitting places the body into a compromised position where we see the following common distortions:
  - Forward translation of the head
  - Shoulders pitch forward and roll internally
  - Spine placed in constant flexion
  - Chronic shortening of hip flexors







## Upper Cross Syndrome | *What Does it Mean?*



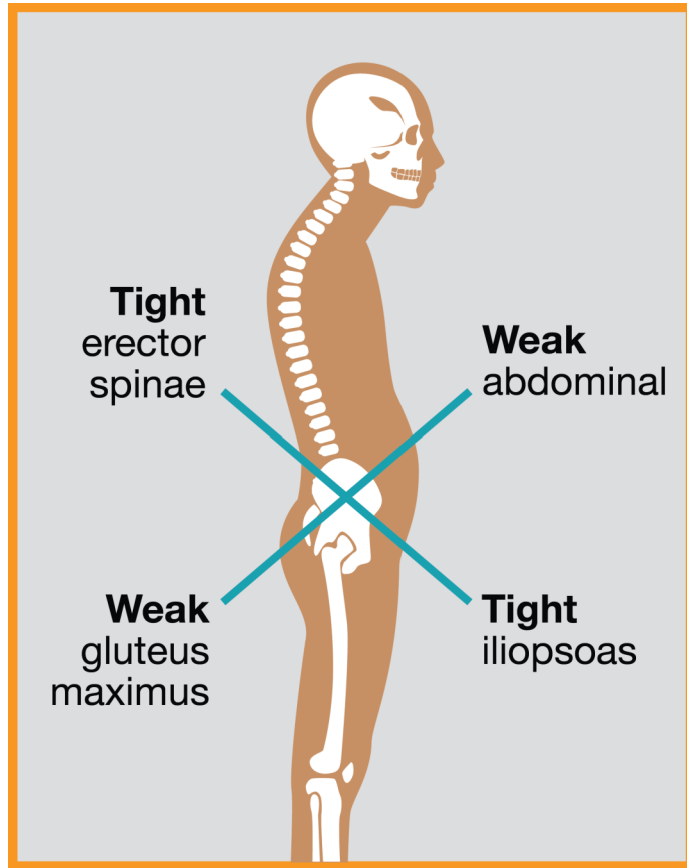
### Upper Cross Syndrome Defined

- Upper Cross Syndrome describes a compromise in the musculoskeletal system which tightens or facilitates the anterior compartment of the “upper” torso while at the same time weakening the posterior
- One of the most common faulty upper body imbalances





## Lower Cross Syndrome | *What Does it Mean?*



### Lower Cross Syndrome Defined

- Lower Cross Syndrome describes a compromise in the musculoskeletal system that exhibits tightening of the hip flexors and low back muscles with weakening of the abdominals and the glutes
- Also known as “Gluteal Amnesia,” this postural distortion can be a contributor to low back pain and also lead to the sensation of chronic tightness in the hamstrings



# Common Conditions Associated With Prolonged Sitting

*What are the most  
common ailments seen  
with prolonged sitting?*

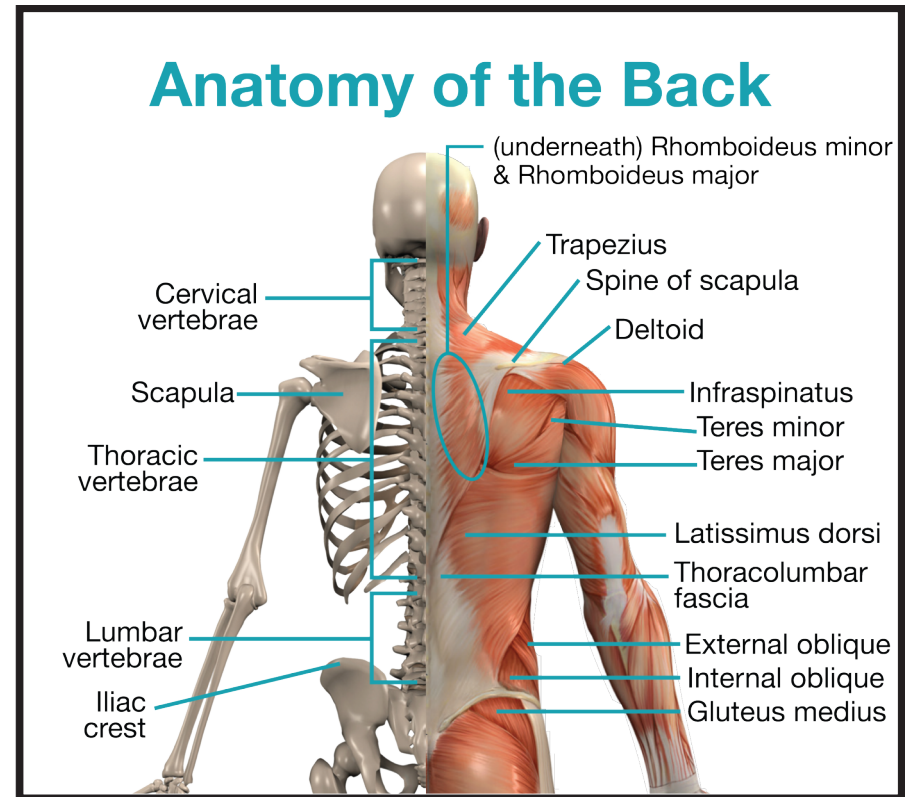


### Mid Back Pain

**Symptoms:** Occurs in the thoracic spine, which is often described as the upper back, middle back or mid-back, and is often in conjunction with neck pain or shoulder pain

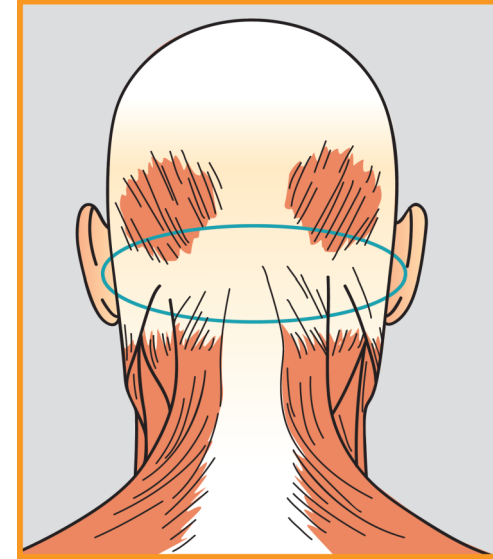
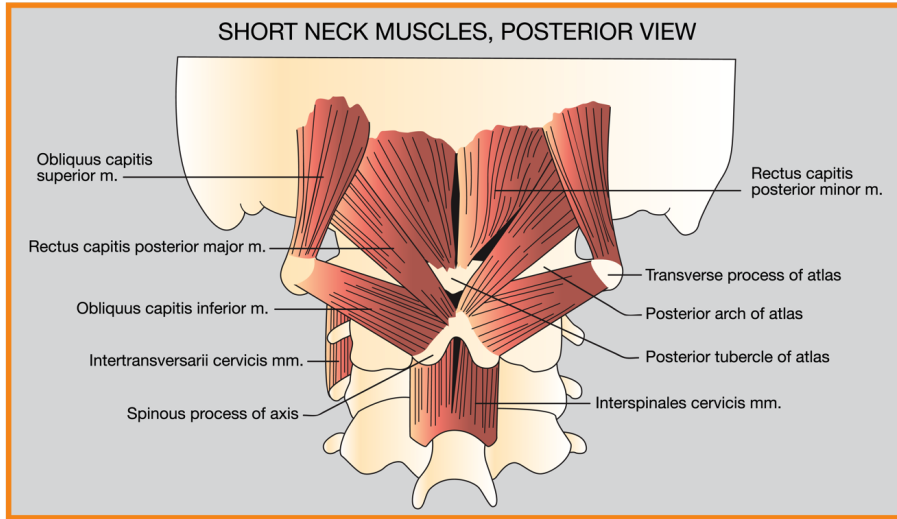
**Cause:** Upper back pain may be caused by muscular irritation, joint dysfunction, or, in rare cases, a herniated disc

**Key Player:** Weakening of the Rhomboid muscles





## Tension Headaches | *Understanding the Condition*



### Tension Headaches

**Symptoms:** A tension headache is generally a diffuse, mild to moderate pain that's often described as feeling like a tight band around your head. A tension headache — or tension-type headache as it's medically known — is the most common type of headache

**Note:** Headaches can be caused by diet, fitness, hormones, stress, conditioning, etc.

**Key Player:** Tightening of sub-occipital muscles





## Thoracic Outlet Syndrome | *Understanding the Condition*

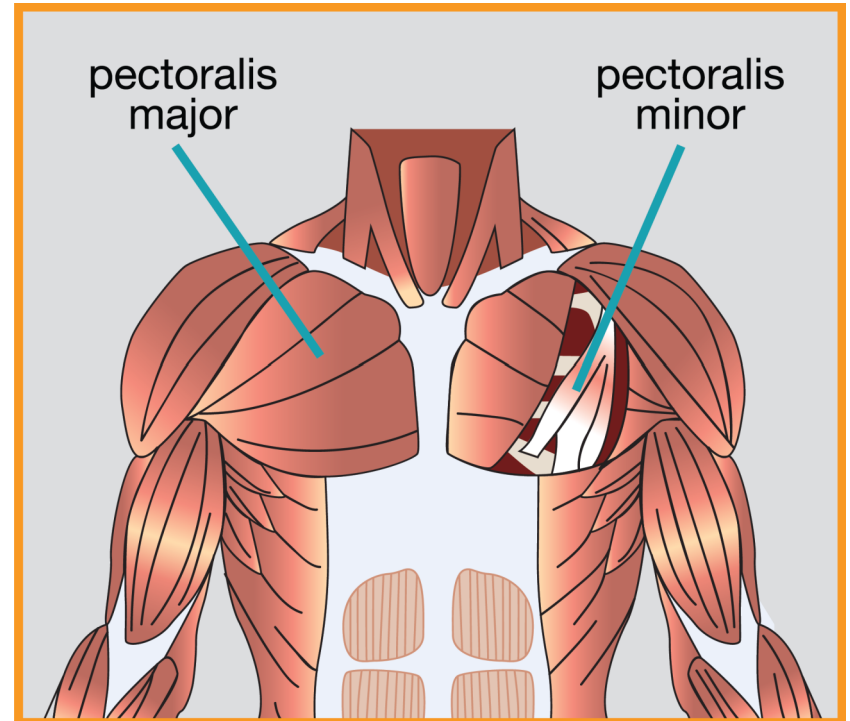
### Thoracic Outlet Syndrome

**Symptoms:** Thoracic Outlet Syndrome is a condition that involves pain in the neck and shoulder, numbness and tingling of the fingers, and a weak grip

**Cause:** Compression/Pressure on the blood vessels and nerves passing by or through the collarbone (clavicle) and upper ribs

**Key Player:** Tightening of the Pec Minor

**Did You Know:** Thoracic Outlet Syndrome is often mistaken with Carpal Tunnel





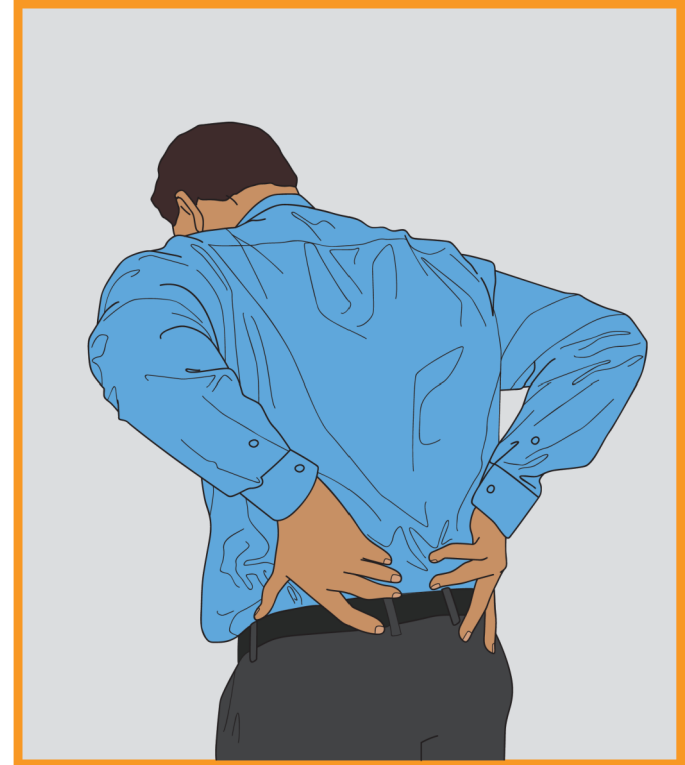
## Low Back Pain | *Understanding the Condition*

### Low Back Pain

**Symptoms:** Pain in the low back can vary in presentation and intensity. Pain may range from dull to sharp, localized to diffused, and mild to severe

**Cause:** Muscle imbalance, Sprain/Stress  
Injuries, Disc herniations

**Key Player:** Prolonged sitting (especially while exhibiting poor posture)



# Prevention Strategies







1



# EXECUTIVE STRETCH





2



SEATED  
ROW





# 3



SEATED

NECK STRETCH





4



CHIN  
TUCKS





5

BRUGGER

EXERCISE







6



HIP FLEXOR

STRETCH





7



SEATED  
PRESS UP  
(WITH GLUTE SQUEEZE)



# AIRROSTI

Breakout Session:

Adjusting Your Work Station  
at Home

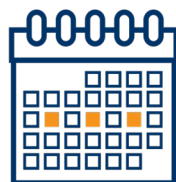






## OUTCOME REPORTING | *Collected at Each Visit & Discharge*

842,000+  
**PATIENT  
CASES**



**3.2**  
**AVERAGE NUMBER  
OF VISITS**



**15,333**  
**PHYSICIAN RECOMMENDED  
SURGERIES AVOIDED**



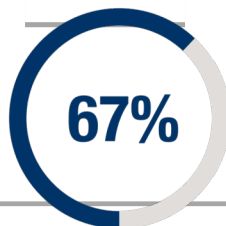
**REPORT  
FULL  
RECOVERY**



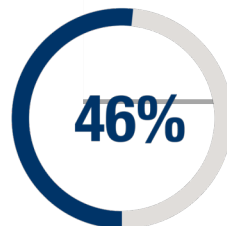
**WOULD RECOMMEND  
AIRROSTI  
TO FRIENDS & FAMILY**

**45%**

of all cases found Airrosti  
after seeking unsuccessful  
care first, including:



**Received  
Imaging**



**Referred To  
A Specialist**

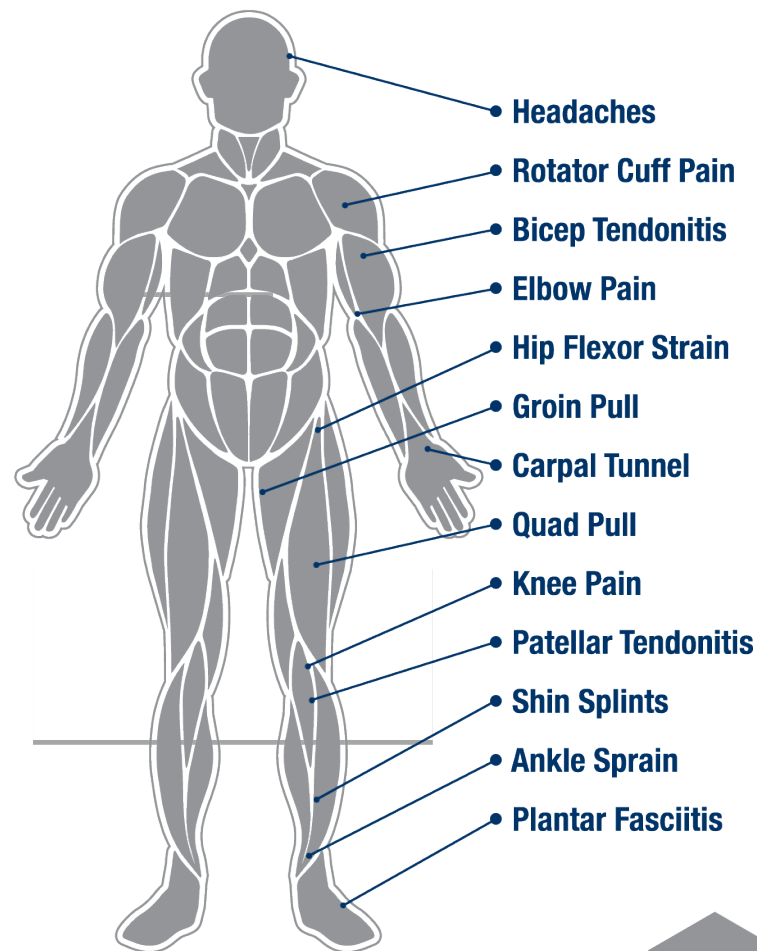
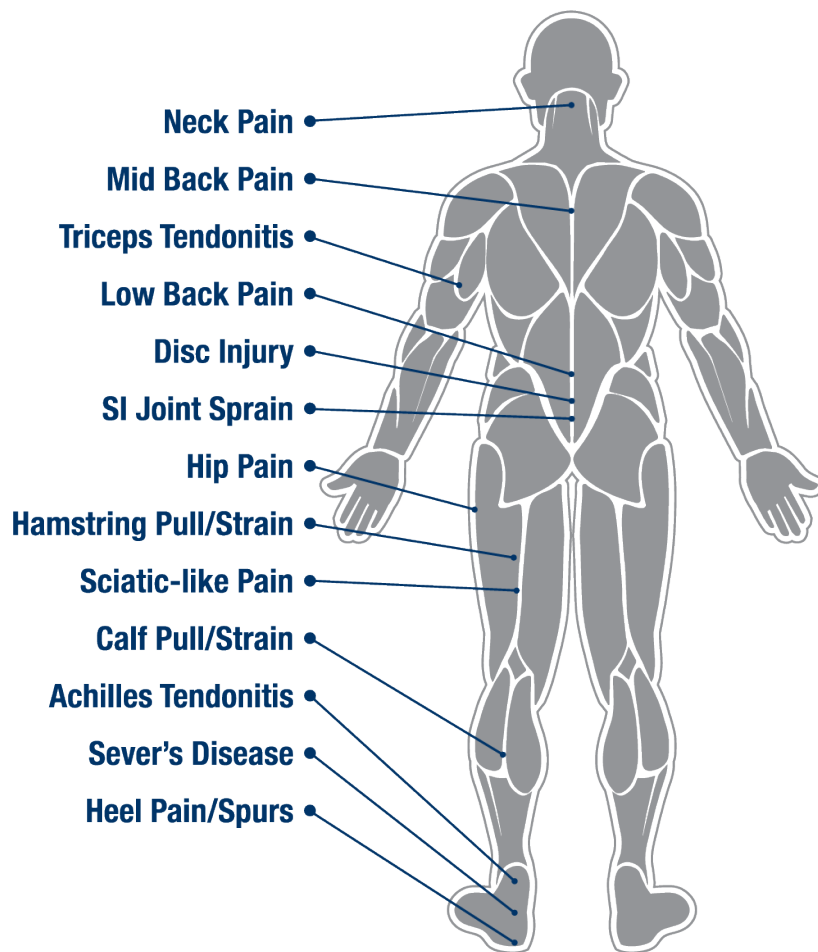


**Received Prior  
PT or Chiro Care**

*Source: Airrosti Reported Outcomes, as of January 1, 2020*



## CONDITIONS WE TREAT | *Acute & Chronic*





(800) 404-6050 | [Airrosti.com](https://Airrosti.com)