

# How to prevent injuries while at your desk

Here are five tips for healthier living & injury prevention



## Dedicate time to exercise

Enjoy hiking? Hitting the gym? Cycling? Dedicating time for the exercises you love helps you stay consistent with exercise. Consistent physical movement is one of the best ways to prevent injuries!



## Take breaks

Sitting in one position for hours and staring at a screen can result in a stiff back and eye strain, so be sure to take some breaks. Breaks can be as long as 15 minutes or as short as a quick 15 second breather.



## Don't forget your wrists!

The way you type can have a significant impact on your wrist and hand health. Place your laptop on a flat surface and keep your wrists straight while typing. Avoid bending or flexing your wrists, which can lead to pain and discomfort.



## Build small healthy habits

Big changes start small. Start by building small healthy habits like taking the stairs or making one healthy food swap and work your way up.



## Listen to your body

Move your head side-to-side, go up a flight of stairs, stand straight. Have any pain? Even if it's small pain or stiffness, being aware of your pain and addressing it early can help prevent larger injuries.

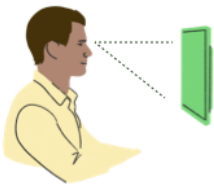


Want help with your health journey?

Join Hinge Health today at: [hinge.health/intactspecialtysolutions](https://hinge.health/intactspecialtysolutions)

# Improving your ergonomic setup while working at your desk

Five ergonomic best practices to keep in mind



## Monitor Position

Position the monitor screen directly in front of you. You should be able to view the entire screen without having to tilt your head.



## Wrist Position

Position the keyboard so the wrists are in a neutral position while typing. Bonus Points: Use folded or rolled towels underneath your forearms for improved comfort.



## Sitting in a Chair

Feet should be touching the floor or on a sturdy footrest. Ensure there is a comfortable amount of space between the edge of the seat and the back of the knees.



## Chair Back Support

The lower back needs to be supported when seated. Place a rolled towel or pillow at the lower back to help provide additional support.



## Preventing Joint Stiffness

Changing position throughout the day is a great way to help manage joint stiffness. Alternate working from both standing and sitting positions.



Want help with your health journey?  
Join Hinge Health today at: [hinge.health/intactspecialtysolutions](https://hinge.health/intactspecialtysolutions)

# Best Exercises to do while sitting all day

Scapular Squeeze



Glute Stretch



Internal Hip Rotation



Sit to Stand



Scan the QR code to register or visit:  
[hinge.health/intactspecialtyolutions](https://hinge.health/intactspecialtyolutions)

