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**“SURVIVING THE WORKSTATION”**

“Surviving the Workstation” is a lunchtime seminar that gives employees a sound understanding of how to reduce the risk of injury at work. In my chiropractic practice, I treat people with a wide range of complaints that come from working at a desk that range from neck to lower back pains. Some are upper cervical problems that cause shoulder pain and can lead to carpal tunnel syndrome. Mid-back tension when not addressed may develop into a sharp, constant pain. Numerous low back problems can affect other areas of the body such as the hips and knees. The common denominator here is the employee’s workstation and how it adversely affects him or her. The human body is simply not designed for sitting behind a desk eight to ten hours a day. It may seem obvious, but when I ask my patients if these conditions reduce their ability to work, each time the answer is “yes.”

There is a positive trend of having stations ergonomically designed to suit the needs of people in the work force. Yet even after these measures are implemented, workers are still getting repetitive stress injuries and other problems. The reason behind this is that people simply are not cognizant of proper body mechanics and some basic concepts to keep them healthy. Most people have little idea of how much their bodies are being compromised while they work.

My health talks directly deal with these issues. I explain the negative effects a desk job can have upon the body in a manner that puts people at ease rather than creates anxiety. When people are informed, they can make proper changes and greatly reduce injury. The topics discussed are the cervical (neck), mid/low back regions, eye stress, and carpal tunnel syndrome. These areas, when not treated can lead to pain and expensive work compensation bills. The information in this talk is designed to reduce this common outcome.

The lunchtime seminars are upbeat. Rather than get caught up in physiological minutia, easily understood concepts are given which can be used immediately. In addition to the talk, I provide a list of exercises and explain how they are performed. It is a valuable tool.

I have given numerous talks of this nature to businesses in San Francisco’s financial district. The response has been quite positive. References available.

In Health,

Daniel Shapero, D.C.

## **“SURVIVING THE WORKSTATION” OUTLINE**

### **I. INTRODUCTION**

- a) Introduce self, technique and philosophy as health practitioner.
- b) Objective to explain how a workstation can cause injury to the body.
- c) How gravity and the seated position effects the ligaments, discs and muscles of the spine.
- d) Incorporate diagrams and models to assist in explanation.
- e) Give breakdown of areas covered and proceed with health tips.

### **II. CERVICAL (NECK) REGION:**

- a) Common complaints i.e.-strain, pain, tightness, headaches.
- b) Ill-proper head position (anterior) vs. normal problems.
- c) Describe correct ergonomics.
- d) Explain stretches and strengthening exercises.

### **III. THORACIC (MIDBACK) REGION**

- a) Common complaints.
- b) Relationship to other problems.
- c) Explain stretches and strengthening exercises.

### **IV. LUMBAR (LOWBACK) REGION:**

- a) Common complaints.
- b) Explain compression on low back and how to reduce ill effects.
- c) Show stretches and concepts for stabilizing back.

### **V. CARPAL TUNNEL SYNDROME:**

- a) Explain causes and origins of problem.
- b) Anatomy involved.
- c) Concepts to relieve stress.
- d) Show stretches and exercises.

### **VI. QUESTION AND ANSWER PERIOD.**