



**Recovery  
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Phone: 1300 588 851 | [www.recoverystation.com.au](http://www.recoverystation.com.au)

# Setting up your home office

*Ergonomics and exercises to keep you  
productive, fit and safe*

Telepractice in Practice

Sydney | Central Coast | Newcastle | Hunter

9 April 2020

# Meet the Presenters



**Beth Gwalter**  
Managing Director  
Occupational Therapist  
Founder



**Meagen Pritchard**  
Senior Occupational Therapist  
Clinical Quality Manager  
Clinical Supervisor



**Kerry Pittman**  
Physiotherapist  
Clinical Pilates



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# Introduction to Recovery Station

- Large multidisciplinary allied health team
- Disability and aged care
- Telepractice, clinic and community services
- Manage the most complex cases in our communities
- Sydney, Central Coast and the Hunter
- Established over 15 years ago
- Over 60 therapists and 30 support staff
- Highly experienced team
- Supervisory structure

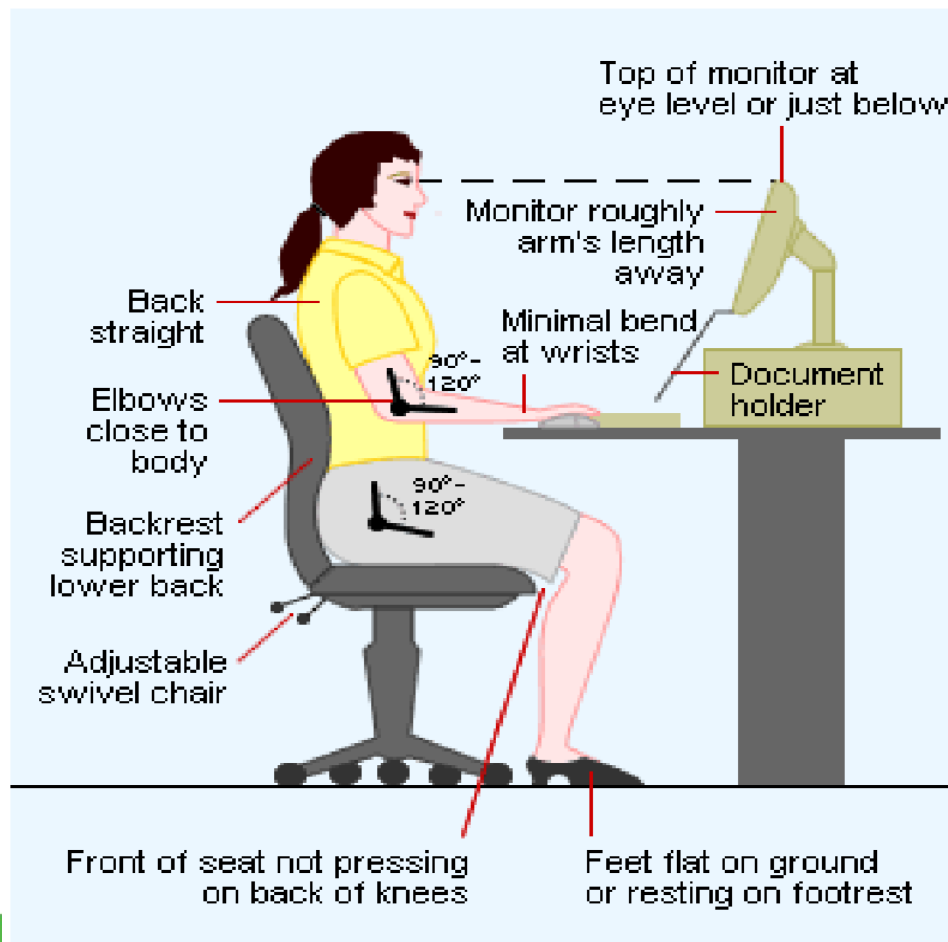


**Aged Care  
Provider**





## Workstation Ergonomics: ideal set-up

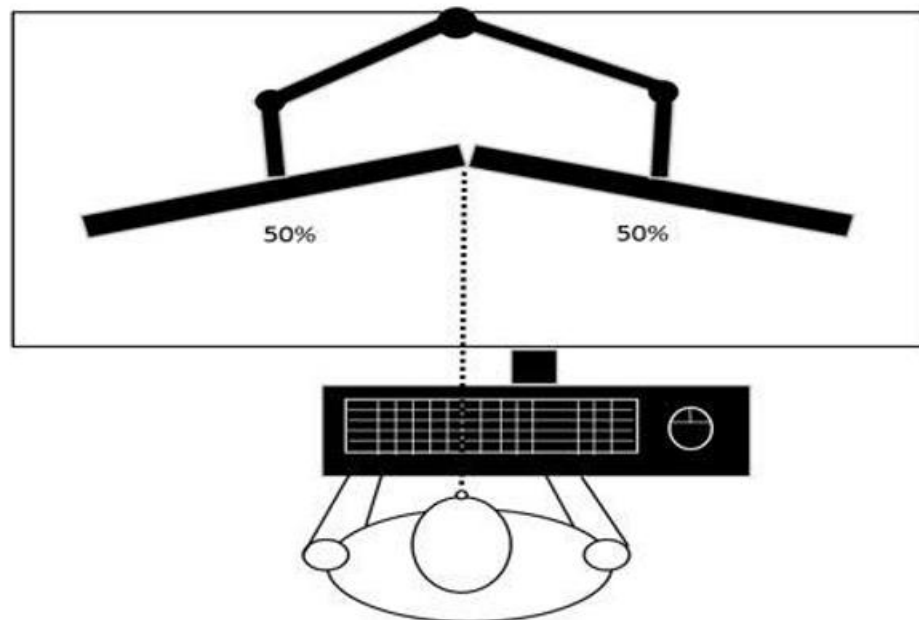
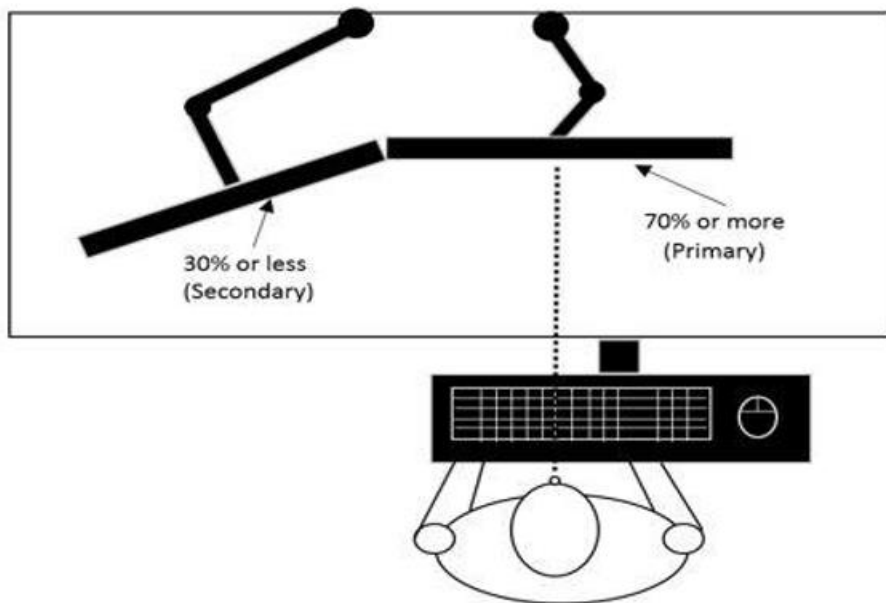




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# Ergonomics

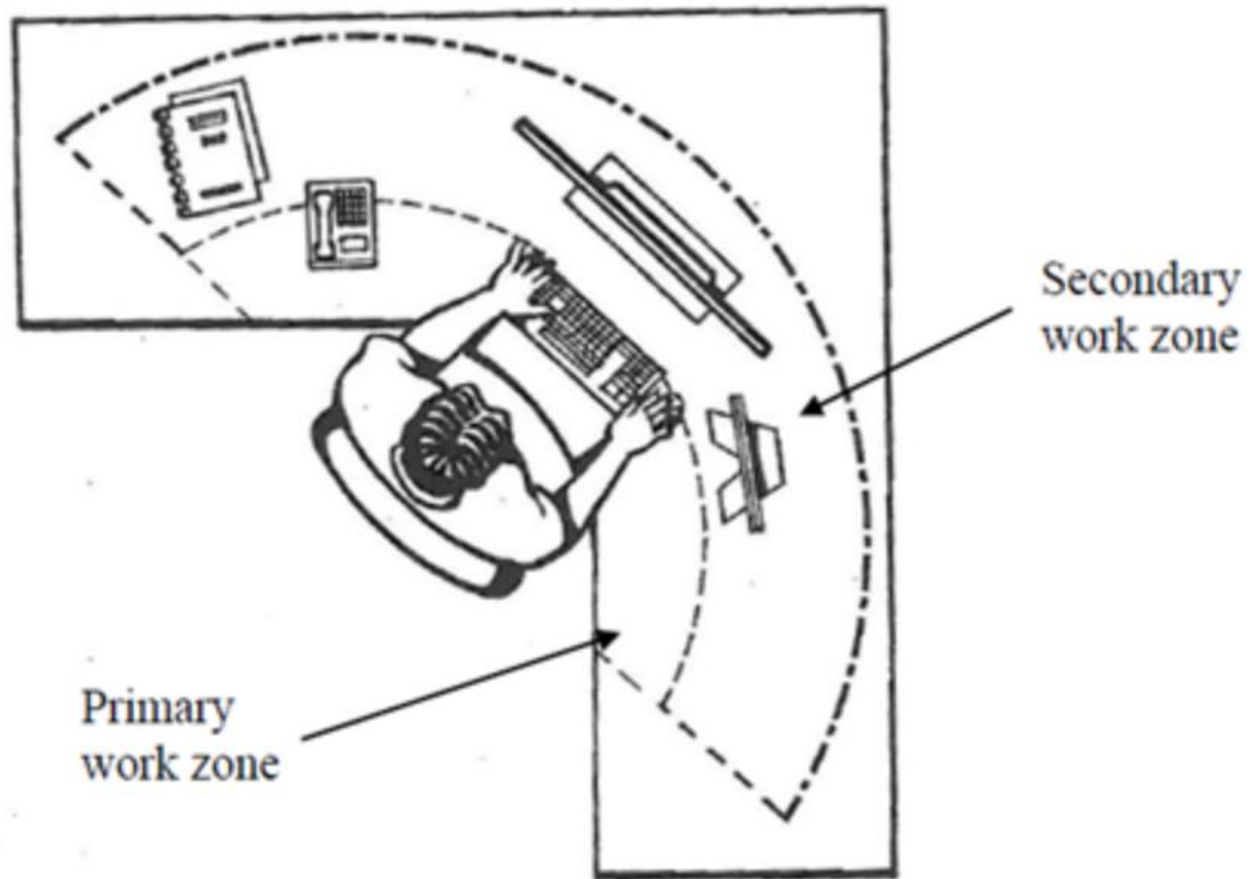
## Working with Dual Monitors





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# Ergonomics







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# Strategies for Home Offices During COVID-19 Times



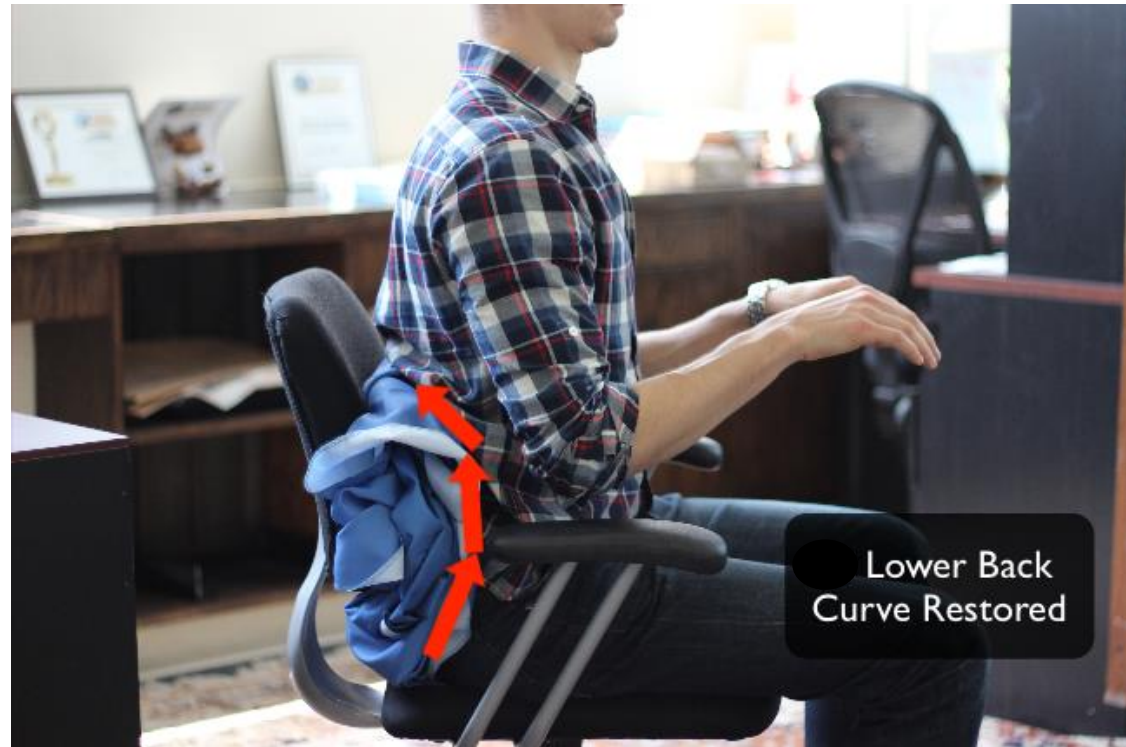
- If using a lap top, utilise a second screen where possible. Alternatively, prop the lap top up on a sturdy surface, and make use of an external mouse and keyboard.



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# Strategies for Home Offices During COVID-19 Times

- Make use of a rolled towel or lumbar support for increased lumbar support.
- Make use of a pillow behind your back to sit you forward in the chair, to allow increased clearance between the front of the chair and the back of the knee.







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# Strategies for Home Offices During COVID-19 Times

- Sit on a cushion to increase your height if your chair is not height adjustable.
- Make use of a solid heavy book (yellow pages) to raise the monitor height.
- A recipe stand can be used as a document holder.





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# Strategies for Home Offices During COVID-19 Times

- Make use of your speaker phone or headphones when using mobile phone.
- Add task lighting.
- Use a sheet over a window if no blinds available.
- Wear different shoes to enable promote correct sitting posture.





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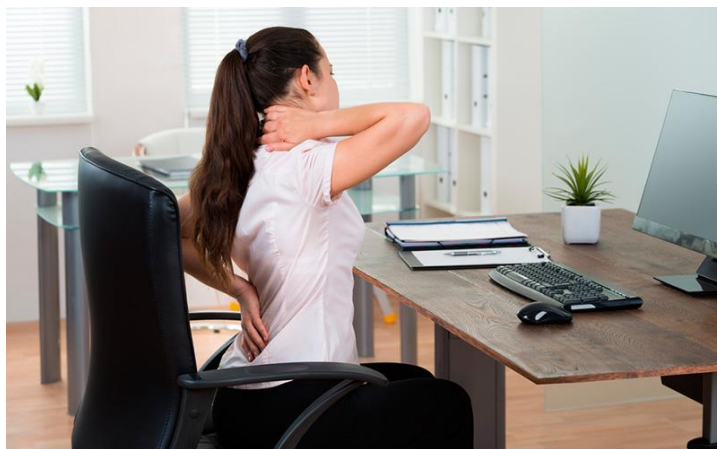
**Ergonomics**

# **OT Assessment**

*using Telepractice*

**Caroline's workstation**

## Sitting too much?



## Time for some good changes!

# The Benefits of Exercises

- Physical Health- exercise can decrease your risk of many diseases
- Productivity- having trouble concentrating?
- Exercise boosts creativity and productivity
- Pain and stiffness- getting a stiff neck or back?  
Moving may help
- Weight control- increase your bodies' metabolism
- Mental Health-feeling anxious?
- Having trouble sleeping? Exercise may help.



## Top Tips to incorporate movement into your work day

1. Motivation - write it down
2. Goals- daily and long term
3. Move and groove – ideas to get you started....





# Ideas to get you started

- Stretch before you begin to work
- Stand up while talking on the phone, or in an on-line meeting
- Incorporate small stretches while sitting
- Take a brisk walk at lunchtime
- Consider a stand-up adjustable desk
- Sit on an exercise ball



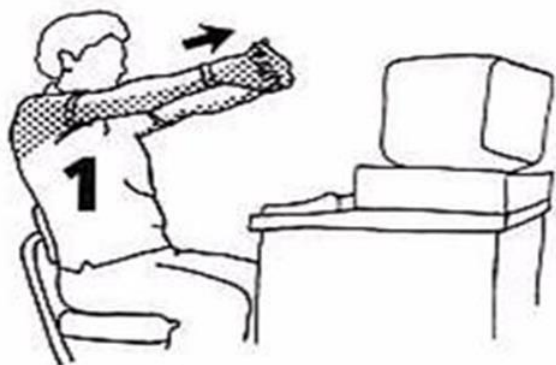
# Ideas to get you started

- Keep small weights near your desk
- Begin an online exercise class
- Start an office fitness challenge, or at least find a friend!
- Hold a meeting while walking
- Don't waste a minute- move!
- Stand up and move, at least every 30 mins.
- Exercise for 30 mins, at least 3x per week, the more the better!





## Exercises



10–20 seconds  
2 times



10–15 seconds



8–10 seconds  
each side



15–20 seconds



## Exercises



3–5 seconds  
3 times



10–12 seconds  
each arm



10 seconds



10 seconds



## Exercises



8–10 seconds  
each side



8–10 seconds  
each side



10–15 seconds  
2 times



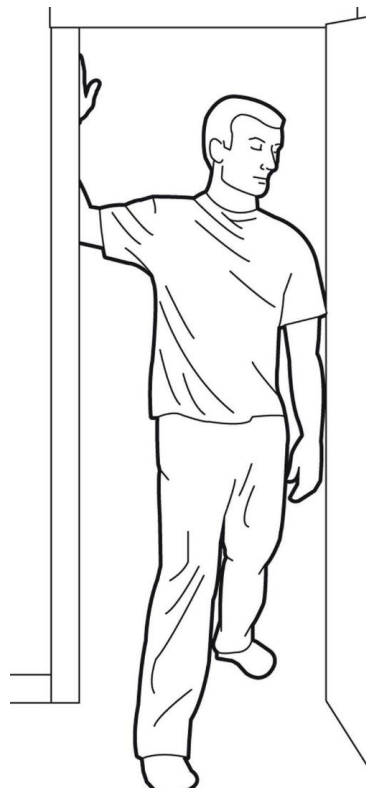
Shake out hands  
8–10 seconds





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# Exercises



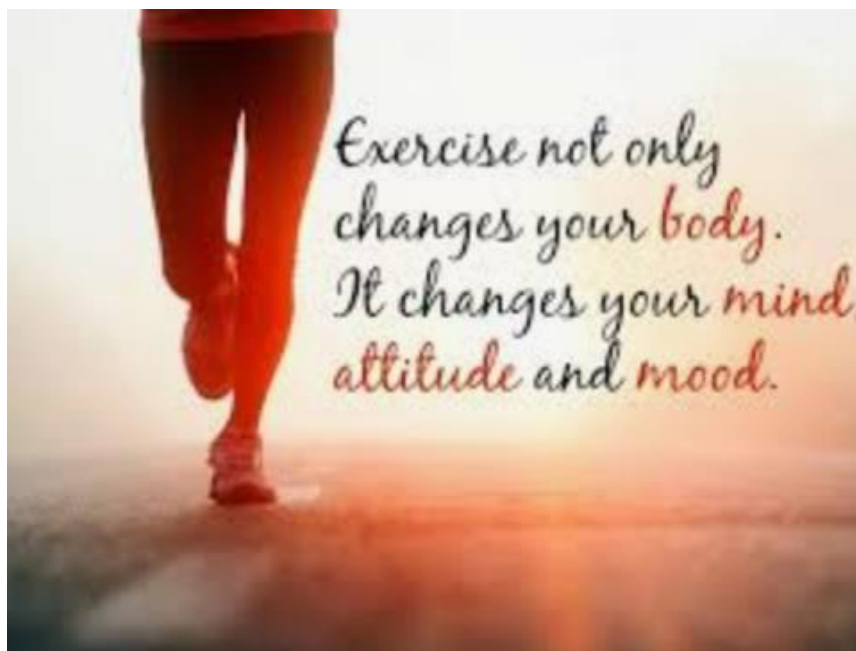




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## Exercises

# Feel better already?



# Where to from here?

Thank you for joining us in today's session.

To show our appreciation we are offering our valued referral partners FREE online exercise classes with Kerry:

**“Lunchtime Express” Exercise classes**  
**30 mins 12-12.30pm**  
**Mondays and Thursdays (16/4 – 7/5)**

We will also share with you – Meagen's ergonomic checklist + a copy of the presentation and exercises will be available to you on our website: [recoverystation.com.au](http://recoverystation.com.au)



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# Thank You

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