



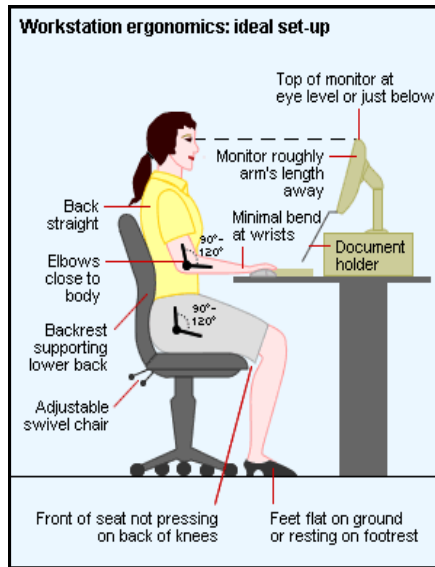
# SANTIAGO CHIROPRACTIC ASSOCIATES

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## Desk Ergonomics 101: Is Your Job Working Against You?

Lake Hiawatha, NJ, Feb. 2013—

**The Problem:** 70% of the U.S. work force now sits on the job, many in front of computers. With so much work being done in a seated position, a comfortable workstation is of greater importance than ever before. Poor sitting posture and poorly designed workspaces are major causes of neck and back pain, which are one of the main reasons for lost work time. Take a look at the workstation on the right. Does this look like your desk?



**Physiological Rationale:** The human body was not designed to sit for extended periods of time or work in awkward positions that chronically contract or stretch muscles and lead to what is called Upper or Lower Crossed Syndrome (See Fig. 1&2). Unfortunately, most jobs today require people to perform such activities. Therefore, a well designed workstation and proper sitting postures are essential in reducing and preventing potential problems caused by the demands of today's jobs. Please ask Dr. Santiago or Dr. Julie for the stretches and exercises that will be best suited for you and feel free to bring in a photo of your work space to be analyzed at your next appointment.

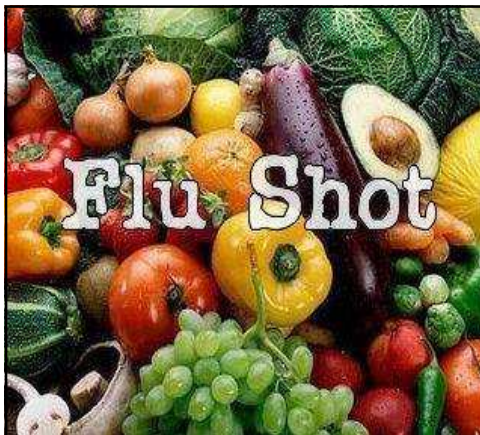


Fig. 1

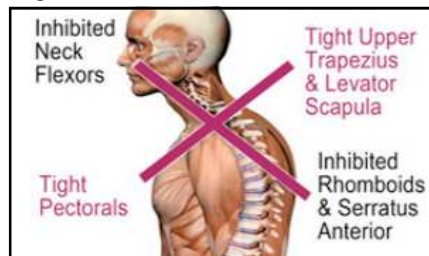
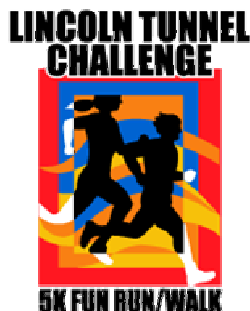


Fig. 2



## LINCOLN TUNNEL 5k WALK/RUN CHALLENGE 2013



It's that time of the year again! Time to join team, "Santiago Chiropractic" in our 4th year of participating in the Lincoln Tunnel 5k Walk/Run on April 28, 2013. All patients, family and friends are welcome. We will also be continuing the tradition of hosting a tail-gate party following the event!

Once registered, you will receive email updates from our office to fill you in on the specifics for the day as it gets closer. In the meantime, please call our office or email Dr. Julie with any questions at: [dr.scarano@santiagochiropractic.com](mailto:dr.scarano@santiagochiropractic.com)

**HAPPY TRAINING!!!**

### Directions to Register:

- Go to [www.LTC5k.org](http://www.LTC5k.org)
- Click on "Register"
- Read the statement on the right
- Click on "I agree"
- Click on "Join a Team"
- Select "Santiago Chiropractic"
- Click "Continue"
- Follow the Directions to complete registration