

# The Physio Solutions Team



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Additional Services - these will be covered in more detail in a later issue

**Clare Murphy: Massage therapy**

**Kamali Freedman: Cranio-sacral therapy**

Massage therapy for appointments or further information: Tel: 079805 80488  
Cranio-sacral therapy for appointments or further information: Tel: 08707 564804

Q & A section in next newsletter – send in any queries –musculo-skeletal or sport-related.

Have you seen our web-site? [www.physiosolutions.co.uk](http://www.physiosolutions.co.uk)

Contact us at:  
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**Opening hours:**

Monday: 8.30am - 7.00pm  
Tuesday: 8.30am - 7.30pm  
Wednesday: 8.30am - 7.00pm  
Thursday: 8.30am - 7.00pm  
Friday: 8.30am - 6.00pm  
Saturdays: 10.00am – 12.30pm (first & last Saturday of the month)

If you do not wish to receive copies of this newsletter or have received it in error, please contact us on the telephone number above or send a email titled 'unsubscribe' to [hs@physiosolutions.co.uk](mailto:hs@physiosolutions.co.uk) with your name and address.



Issue 1

*physio*·solutions  
Physiotherapy &  
Sports Injury Clinic

Spring 2005

## Our first Newsletter!

**Physio Solutions was established in 1998 as a physiotherapy clinic for people living and working in the Islington and City area.**

The clinic has grown steadily and now has five physiotherapists, a massage therapist, a cranio-sacral therapist and a part-time practice administrator.

This is the first edition of what we hope to be a quarterly newsletter aimed to keep you informed of what's happening here at Physio Solutions and will cover other topical issues relating to musculo-skeletal health and fitness.

We would very much like to include topics that you, the reader, find interesting. If there are any issues that you would like us to cover or anything that you would like to share please either write in or e-mail us at [hs@physiosolutions.co.uk](mailto:hs@physiosolutions.co.uk)

With best wishes,

Helen Skehan, Practice Principal



Practice Principal Helen Skehan outside Physio Solutions Clinic.

**Inside this Issue:**

Editorial	1
In This Issue	1
Research Report	2
Work-related problems	2
Choosing an office chair	3
The Team	3/4

### In this Issue

This issue looks at some of the things to bear in mind when choosing an office chair. We also look at a piece of research that may change how you hold your phone.



Are you sitting comfortably?

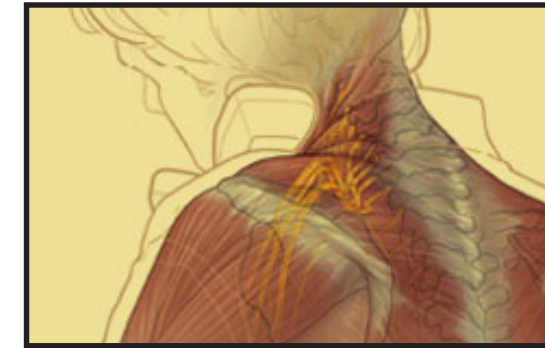
**Tel: 020 7713 7780**

**Web: [www.physiosolutions.co.uk](http://www.physiosolutions.co.uk)**

# Are You Sitting Comfortably?

## Tips on Choosing an Office Chair

# Research Study On Telephone Use



*A slight tilt downwards can improve back posture*

**A research study on office workers who used the phone for a minimum of two hours each day was carried out by the Health Sciences Department at Surrey University. The focus of this study was the effect of telephone use upon working postures.** The most commonly observed posture was to grip the phone between shoulder and head. This posture increases the risk of nerve compression in the neck and shoulder area which could lead to a number of problems in the spine, arm and hands. Another potentially dangerous posture that was observed was leaning forwards away from the chair back while taking a call. This causes increased pressure on the spine and can lead on to other problems. The study found that 50% of the group suffered from neck pain and 31% suffered from low back pain. 65% of participants also reported that they suffered with occasional or frequent headaches. In a cross-over section of the study the same group were monitored using a telephone headset. Neck pain was reduced by 31%, lower back pain by 16% and upper back pain by 9%. Nearly two thirds of the group said that they rarely or never had a headache when using a headset and headaches were overall reduced by 27%. The conclusion of the study was that anyone who uses a telephone for a minimum of two hours a day in conjunction with a computer could benefit from a headset, which significantly improves working posture and consequently reduces the risk of injury.

**It is now recognised that prolonged sitting can give rise to back problems, just as serious as those traditionally associated with activities such as heavy lifting.** Good seating is vital and whilst there are many makes and models of office chair on the market, all office chairs are not created equal. Taking some time to choose a chair suitable for you will reap rewards in terms of general comfort at work and improved health and productivity. You should ideally trial a chair for up to a few weeks prior to purchase and most reputable chair companies will allow you to do this. All new chairs should have an instruction book and familiarising yourself with the adjustment mechanisms and set-up is vital to getting the best out of your chair.

- Select a chair appropriate to your stature – the seat should not dig into the back of your knees when sitting back in the chair and at the other extreme, if you are tall, the seat should not end midway along the thighs. To within a few inches of the back of the knee is desirable so that the thighs are properly supported which takes the weight off the spine. Many seat-bases are now adjustable with a sliding seat mechanism.
- Look for maximum adjustability in a chair. All adjustability mechanisms should be easily accessible from the chair. Most office chairs have height adjustments but another important adjustment is a seat tilt. Tilting the seat forwards very slightly –not enough to cause you to slide down the seat, will improve your sitting position.
- If the chair has armrests, useful especially for anyone who has low back or knee or hip pain, they should be adjustable and quite short (important in getting them under the desk).
- In most cases, the back of the chair should come to about shoulder-blade height. If very high, it can tend to push you forwards. A head-rest can be useful in cases of whiplash and some neck conditions where you might need to rest your head and neck muscles occasionally but is generally not recommended for the majority of the population. The lower part of the chair back should have good lumbar support and an adjustable lumbar support mechanism can be very useful, especially if you have a history of low back pain or stiffness.
- A rocking mechanism is available on some chairs which allows you to move back and forwards in the chair without changing the pre-set base position and this is very helpful if you sit for long periods, if you spend a lot of time on long phone calls or if you suffer from spinal pain or stiffness.
- People often ask about the suitability of 'knee chairs' and while they can be useful for some, they can put extra strain on the knees and are not advisable for anyone with knee problems.

## The Physio Solutions Team



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For further information, suppliers or details more specific to your individual requirements, please contact the clinic.

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