

# PREVENTING SPINAL INJURY QUESTIONNAIRE

Answers to the questions below can be found by going to Dr. Iris Rosenfeld's Website: [www.driris.com](http://www.driris.com) (Corporate Wellness Tab)

- 1. IS MY DESK AT THE PROPER HEIGHT? ARE THE ITEMS I NEED ON MY DESK EASY TO REACH?***
- 2. AM I SITTING CORRECTLY IN MY CHAIR?***
- 3. WOULD A BOOKSTAND HELP ME WHILE READING AT MY DESK?***
- 4. WHAT IS THE CORRECT HEIGHT FOR MY MONITOR AND MY EYES?***
- 5. HOW CAN I REDUCE STRAIN TO MY WRISTS AND ARMS WHILE TYPING?***
- 6. CAN A HEADSET REDUCE SOME OF THE STRAIN ON MY NECK?***
- 7. WHY SHOULD I TAKE MICRO-BREAKS AND WHAT SHOULD I DO?***
- 8. MY EYES GET FATIGUED. WHAT CAN I DO TO DECREASE EYE STRAIN?***
- 9. WHAT ARE PROPER LIFTING TECHNIQUES?***
- 10. SHOULD I RELY ON A LUMBAR SUPPORT BELT?***
- 11. WHY SHOULD I STRENGTHEN MY CORE MUSCLES?***

## *Answers to Preventing Spinal Injury Questionnaire by Dr Iris Rosenfeld*

1. Your desk height should be at elbow level. Place the center of your monitor in front of you. Avoid repetitive stress injuries by keeping your joints in their neutral posture or about ½ way into the range of motion.
2. Your chair should have good lumbar support and an adjustable height. Consider an adjustable foot rest to take pressure off the back of your legs when seated (ex: small stack of books) or your feet can touch the floor. Your legs & body should form a 90-110 degree angle with the floor.
3. Yes. Keep a stand close to the monitor and at eye level. Move your eyes with little movement to your neck.
4. Adjust your monitor to about 10-15 degrees below eye level and the top of the monitor to slightly below eye level when seated. Leaning your head forward can lead to headaches and neck pain.
5. When typing, keep your wrists straight, shoulders perpendicular & forearms parallel to the floor.
6. Yes, especially if you are on the phone for prolonged periods of time.
7. Stand, stretch your neck, arms, wrists, back and legs, do neck rotations, clench fists, dangle arms and do shoulder shrugs, take a short walk. Take about a 1-2 minute stretch break for every 60 minutes at the computer to prevent back strain; set a timer to remember; Standing rehydrates the discs in your back.

8. Relax your eye muscles by shifting your focus from objects close to objects far away; imagine a large clock on the wall and rotate your eyes clockwise around the clock 3-5 times and then counterclockwise 3-5 times.
9. Plan your lift/Bend at the knees/Tighten core/abdominal muscles before & during the lift/use largest muscles in the area to perform the task/keep load close to your body/keep the back straight/lift with your legs/avoid fast Movements/turn & don't twist/ use tools if possible (ie: dolly? Hand truck?) Get help & know your limits!!!
10. Use a lumbar support belt per your employer or doctor, but they DO NOT substitute a belt for safe & proper lifting techniques.
11. Strengthening your core muscles, abdominals and back muscles will help prevent injury as these are your largest muscles used for lifting and are less vulnerable than smaller ones. Get specific exercises from your healthcare provider.

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