



## STANDING

Standing for long periods of time can be very fatiguing on your entire body, not to mention your back. This is because standing tends to compress the cushions that lie in between the bones of your back (vertebrae) and this leads to a jamming of the lower back joints, which in turn, leads to fatigue and ache. To overcome this problem, we need to open up the joints in the lower back and this is accomplished by putting a foot up. The key to putting a foot up, however, is to avoid facing your work area at a 90 degree angle. Instead, if your right foot is up, turn your body somewhat towards the right so that you can now lean your left hip into the work station. The opposite is true if your left foot is up. The ideal height of a foot rest is about 9 inches. This however, can vary greatly from individual to individual. Remember also that it doesn't matter if you are moving around a lot. Simply place the stool at the position where you do most of your standing throughout the day. Those short intervals during which you stand at that position, will add up and by the end of the day you may be surprised to find that you are standing in that spot for quite a long time.