

Soundbite Script - The Pain of Working from Home

Robyn Johnson, Physical Therapist, OSF HealthCare

“Working from home so we are seeing more overuse injuries and more postural injuries because people are slouched over kitchen tables, which in turn leads to pain and discomfort. And if you are experiencing that and it’s not going away that’s not a normal thing. You should reach out to your physical therapist or primary care physician for a referral to therapy so we can work to get you back to where you want to be.”

Robyn Johnson, Physical Therapist, OSF HealthCare

“Poor posture can give you a variety of issues. It can lead to headaches, neck pain, upper back pain, it can even lead to carpal tunnel, lower back pain, pain down our legs. It all just depends on the position that you’re in.”

Robyn Johnson, Physical Therapist, OSF HealthCare

“Anytime we’re in a prolonged, poor posture it changes the curvature of our spine, which in turn puts forces in our ligaments and our joints and leads to pain and soreness and discomfort because we’re not working the way we’re designed to work.”