

# ERGONOMICS

## CLASSES

- At Apex PT Postural Restoration, we conduct regular ergonomics classes. In these classes, we discuss office settings, relation between environment and health and identify risk factors associated with prolonged postures. We also teach and practice Postural Restoration Exercises that can be done at your desk to help you with your neck pain, back pain, and headaches, etc.

## DO YOU HAVE A POSTURE PROBLEM WHILE WORKING

- Questions to ask yourself
  - Are you an office worker?
  - Do you have to sit on a chair for hours at a time?
  - Do you suffer from neck pain, headaches, low back pain?
  - Are you tired at the end of the day and wish you could do something about it?
- If you answered yes to these questions, contact us at Apex PT Postural Restoration Center