Tips for setting up a home work station

Working from home often means working from the kitchen table or on a laptop. Spending prolonged periods of time working with this set up often places undue stress on the joints of the body, resulting in injury. Check out this video outlining the best way to avoid some of the common pitfalls of working from home.

https://vimeo.com/410904096

https://vimeo.com/410911538

E: admin@ibphysio.com.au | T: 02 9976 3540 | F: 02 9976 3290 | Suite 14, Level 2, 22 Darley Road, Manly, NSW 2095 Australia