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Case study: Workstation set-up in collaboration with Urgo Back Care Innovations: 15 February 2021

Middle aged client whose profession requires computer work for up to 11hours or more.

Due to various health conditions, he was unable to sit for longer than 20-30 min at a time.


He would develop pain, neurological- and vascular symptoms after 20-30min of sitting, which impaired his ability to work and function. Due to this, he would only stand and work. Standing for long hours also brought on pain and vascular symptoms.

The client is 1.98m tall and most chairs are too low and too small for him, forcing him to sit with a rounded back- and neck posture, placing tension on his neural- and vascular system.

He specifically requested a chair that could be used at his fixed height standing desk.


Our intervention:

1. Positioning the spine in a neutral position in sitting to reduce tension on the neural- and vascular system.
2. Memory foam topper for his bed. URGO contour neck pillow with added 50mm foam to make the pillow higher to accommodate his broad shoulders and to give sufficient neck support at night.

<p>Sitting position:</p>	<p>Customised Urgoline 20 special office chair for his computer workstation:</p>
	<p>The client built his own standing workstation. This was at a fixed height and a chair was designed to suit the standing workstation.</p> <p>Adjustments to the chair:</p> <ul style="list-style-type: none"> • Extended base to reach the standing work surface. • Steel foot ring added. • Angled seat pan with extra foam to raise his hips slightly higher than his knees for a neutral posture. • Seat pan was made deep enough to support the length of his thighs. • Extended backrest to accommodate his height and the angled seat pan. • 3 Dimensional armrests. • Rubber castors / wheels for wooden floor with customised extensions to accommodate the height of the chair.




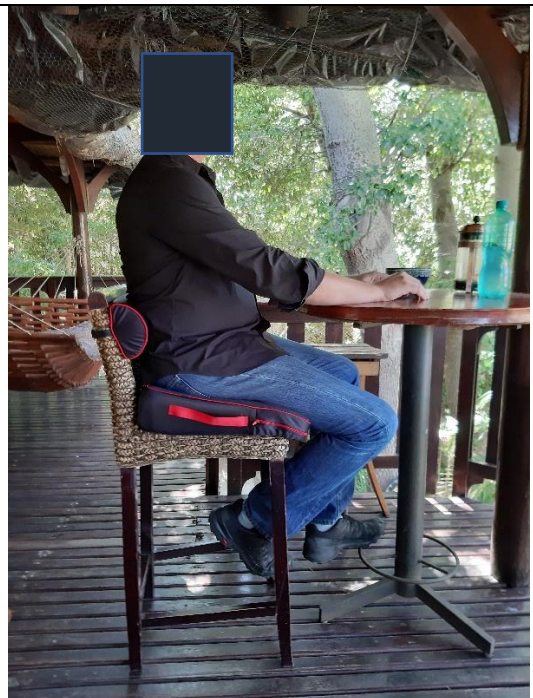

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<p>Height of client and chair:</p>  A photograph showing a person standing next to a black office chair. The person's face is obscured by a grey square. The chair is a high-back, ergonomic model with a five-star base and casters. The setting is a room with wood-paneled walls and a wooden floor.	<p>Side view of chair:</p>  A side-view photograph of the black office chair. It shows the high-back seat, adjustable armrests, and the five-star base with casters. The chair is positioned on a wooden floor against a wood-paneled wall.
<p>Extended back rest mechanism and raised seatpan:</p>  A close-up photograph of the back rest mechanism of the chair. It shows the black fabric upholstery and the metal frame with various adjustment levers and a control knob. The background is the wood-paneled wall.	<p>Extended base with re-inforced steel rings:</p>  A close-up photograph of the chair's base. It features a five-star chrome-plated steel base with two reinforced rings. The base is mounted on casters and is shown from a low angle on the wooden floor.




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<p>Standing position:</p>	<p>Advice given:</p>
	<ul style="list-style-type: none"> • Adjust desk height parallel to forearms. • Alternate standing position by resting one foot on a step for short periods. • Raise screens to eye level. • Take short breaks every 20-30min. • Alternate between sitting and standing.

<p>Sitting in household chairs:</p>	<p>Customised high density seat wedge pillow with memory foam and half lumbar roll for sitting in household chairs or for travelling.</p>
	 <ul style="list-style-type: none"> • Wedge pillow raises his hips slightly higher than knees to bring spine into a neutral position with a memory foam half lumbar roll for added lumbar support to maintain a neutral position.



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<p>Sitting in vehicle:</p>	<p>Customised high density car wedge pillow for driving his vehicle.</p>
	<ul style="list-style-type: none"> • Deep seat in vehicle lead to client sitting with knees higher than hips with a flexed posture / spine. • Wedge pillow raises his hips slightly higher than knees to bring spine into a neutral position.

Outcome of intervention:

1. Most of his neurological symptoms cleared up with sitting, enabling him to be more focused and functional for his work.
2. Vascular symptoms with sitting cleared up completely.
3. Neurological symptoms with driving improved significantly.
4. Neurological symptoms with standing and working improved significantly.

Our client was very happy with the outcome of the intervention and would recommend alternating between sitting and standing at a computer workstation to his colleagues and friends.