

Office Syndrome

The real-life monster



33%

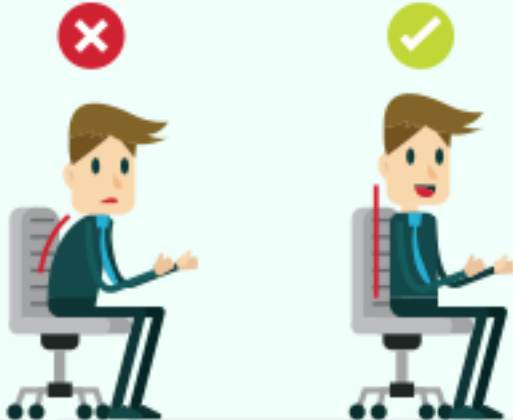
of total workplace injuries/illnesses are due to musculoskeletal disorders

264 M lost work days/year due to back pain

26.4% of total work-force in USA have prevalent LBP

Best Practices at Workplace

Sit up straight



Stretch your legs, back, arms and neck often



Be watchful for



Digestive problems



Dry eyes & irritability



Musculoskeletal disorders



Stress & Mental illness



TheraNow Physical Therapy Services
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