ROZENBERG FAMILY CHIROPRACTIC | FARMINGTON, MI

5 workday comfort habits

A practical checklist for computer work and everyday movement

Choose one manageable change to try today. These general habits support a more comfortable workstation; they do not diagnose symptoms or replace individual care.

1 Build in brief movement breaks

Interrupt long stretches of computer work with short rest pauses. Stand or walk when comfortable and practical, and vary tasks when your work allows.

2 Make your workstation adjustable

Arrange the chair, desk and screen so you can work comfortably and change position. Ask your employer for an ergonomic review if the setup is difficult to adjust.

3 Keep frequently used items close

Position the keyboard and mouse within comfortable reach. Avoid repeated reaching and let your wrists stay in a relaxed, neutral position.

4 Vary your posture and tasks

There is no need to hold one rigid position all day. Alternate suitable activities or sitting and standing, according to your abilities and workplace requirements.

5 Notice symptoms early

Record what activities change discomfort. Report recurring pain, tingling, weakness, swelling or reduced movement to a qualified healthcare professional rather than working through worsening symptoms.

Considering care? Your goals and examination should guide recommendations. Results vary, and first-visit relief is not guaranteed. Ask Dr. Brittany Anderson, D.C., about appropriate options and a point to review progress.

Independent sources: OSHA: Work Process and Recognition; OSHA: Workstation Evaluation Checklist; CDC/NIOSH: Office Environments and Your Safety.

23023 Orchard Lake Road, Building G | Farmington, MI 48336

Call 248-688-8265 | Text 416-990-4638 | rozenbergfamilychiropractic.com

Published by Rozenberg Family Chiropractic | October 3, 2026 | General education