

Mountain Physical Therapy

The Mountain Guide

Seventh Edition

Welcome to the seventh edition of “The Mountain Guide.” In this issue, one of our new physical therapists Amy, discusses the importance of a functional workstation. We welcome Amy as well as Trevor Eccles, Khena Bullshields, and Jennifer Pierce to Mountain Physical Therapy. We’ve also included a trivia contest on the back of the newsletter!

Avoiding the Workstation “Blues”

by Amy Fischer, M.P.T.

As the longer days of spring approach, don’t let those hours at the computer desk force you into the painful workstation blues. Most of us are spending more time at the computer and less time standing and moving. Our bodies are designed to move. Therefore, we are suffering worse stiffness and pain in our backs and necks due to sitting at the computer for too long. Is there anything we can do? Here are a few easy suggestions to consider for your workstation:

1. **Your chair should be supportive.** Your feet should be flat on the floor with your knees slightly lower than hips. Seat back should be firm with a lumbar support and the seat should slightly tilt forward to assist with posture. Arm rests are important for support of the forearms.
2. **Make sure your desk fits you.** Desk height should be measured by the elbows at 90°. Position your keyboard so wrists are neutral, not bent up or down. Use a stool if your feet are not flat on the floor.
3. **Your monitor needs to be comfortable.** Top of the screen should match your eyebrows and you should be 22-24 inches away from your screen.
4. **Where you put your documents is important.** Documents should be centered between the monitor and keyboard. Use a document holder (available at most book stores) and keep your mouse close to you. Do not look down more than 15-22°.



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Other things to consider: The Rule of 30's states that for every 30 minutes of work time, take a 30 second break. Also take some time off from the computer and take a walk or play outside in the beautiful spring weather. We here at Mountain Physical Therapy can provide you with a specific individualized assessment of your aches and pains that could

possibly be due to the Workstation “Blues”! Give us a call at 755-5754 for information on workstation problems.

WELCOME!

Mountain Physical Therapy is proud to announce the addition of four new members to our company. Amy Fischer and Trevor Eccles will join Mountain PT as the newest therapists and Khena Bullshields and Jennifer Pierce will join as support staff. We have included a brief biography of each of these individuals so you may get to know them better!



Amy Fischer joined Mountain PT in January of this year. She grew up in Portland, Oregon. In 2002, she received her Master of Physical Therapy degree from the University of Montana in Missoula. She enjoys outdoor activities including skiing, hiking, running, barrel racing, kyaking, fishing, and hunting.



Trevor Eccles joined Mountain PT this month. Trevor received his Doctorate of Physical Therapy from the University of Montana in 2005. His treatment philosophy incorporates a combination of manual therapy and functional/sport specific exercises. Trevor enjoys hunting, fly fishing, snowboarding, mountain biking and weight training.



Khena Bullshields grew up in both Montana and Wyoming. She has a Bachelor of Science degree in both Psychology and Political Science. Khena has a lively 6-year-old daughter and loves to spend time running up and down playground equipment with her. Khena is from a Native American tribe in Canada and enjoys dancing her native dances at summer pow-wows. She is the new Patient Care Coordinator at Mountain PT.



Jennifer Pierce grew up in Kalispell, Montana. She went to College on a fastpitch softball scholarship. She graduated with a Bachelor of Science in Human Biology. Jennifer enjoys playing softball and volleyball. She loves outdoor activities such as hiking, horseback riding, hunting, fishing and skiing. She joins the Buffalo Hills clinic as Katherine and Amy’s Aide.

Please drop by and give our new staff members a warm welcome!