



JULY NEWSLETTER

Dear Valued Patients,

Workplace wellness is about more than simply avoiding injury—it is about creating habits and environments that support long-term health, comfort, & productivity.

Many people spend a massive portion of their day sitting at a desk, making factors such as posture, workstation setup, and regular movement increasingly important to keep us pain free.



SAMANTHA DUNBAR INC.
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Ergonomics focuses on fitting the workplace to the *individual*. An appropriately adjusted workstation can help reduce strain on the neck, shoulders, back, and wrists while improving comfort and efficiency throughout the workday.

Regular movement, microbreaks, and maintaining a supported sitting position can also help reduce muscle tension and fatigue associated with prolonged sitting.

At SD Physiotherapy and Biokinetics, we assist individuals and businesses in promoting healthier workplaces through comprehensive **Ergonomic Setup Assessments**.

These assessments identify risk factors within the workstation and provide practical recommendations to improve comfort, support movement, and reduce the likelihood of work-related musculoskeletal discomfort.

We also offer **Vitality Fitness Assessments**, helping members track important health and fitness measures while earning Vitality points.

Whether your goal is to improve your physical wellbeing, optimise your work environment, or prevent future injuries, our team is here to support you every step of the way.



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