



Role of PhysioErgo Training during Work from Home

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With the advent of neo normal during COVID 19 era, the work from home (WFH) has become a part of life. Many companies and institutions have adopted this model during lockdown to continue with the work and to break the chain of SARS-CoV-2 infection. Even after the lockdown is over, the companies and the institution either continuing with the work from home policy or adopted an hybrid work model where only some days employees might have to report the office. In Indian scenario the homes are not adapted to suit for WFH culture and missing the proper workstation setup. Moreover, it has been seen that apart from workstation issue, the time of work during WFH has increased as compared from work from office. These cumulatively is putting the stress on the human body causing musculoskeletal disorders (including pain at different regions), eye strain, indigestion etc. Even though we were earlier also living in the digital world, but during COVID 19 era there was a complete paradigm shift towards the digitally guided virtual world.

Workers have to spend longer hours at their desks in the absence of frequent traveling, and greater use of laptops and computers to organize meetings instead of in person meetings [1]. Employees also found to report an increase in their working hours and sometimes they are expected to work at odd hours being working from home [2,3]. Moreover, many workers do not have suitable infrastructure or workstation at home for a professional practice that may lead to faulty posture and altered body biomechanics and alignment during work. This results in development of musculoskeletal disorder (MSDs) leading to pain and dysfunction. The four most common regions of the body that reported to have

highest musculoskeletal disorders during work from home were the neck, shoulder, lower back, and upper back [4]. The exposure to long screen time of laptop, computers and mobiles cause damage by releasing short high energy waves which usually penetrate eyes and can gradually lead to photochemical damage to the retinal cells, making a person more prone to a variety of eye problems [5]. This lead to digital eye strain (DES) or computer vision syndrome (CVS) and it is directly associated to the total timing of digital screen exposure.

PhysioErgo training is the solution to combat awkward posture, faulty biomechanics, musculoskeletal disorders and customizing the workstation to the individual's need. The World Health Organization (WHO) and the American College of Sports Medicine (ACSM) have stated that, "Exercise is Medicine" and a person needs to do at least 150 minutes of moderate-intensity or at least 75 minutes of high-intensity exercise per week. The long static standing and sitting postures are demanding and lead to fatigue. Frequent short breaks, changing of posture, stretching and desk mobility exercises are required. Ergonomic approach towards arrangement of workstation is most desirable to avoid unnecessary strain on the body.

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