



Stay Home Ergonomically

Hosts: Rebecca Gillett, MS OTR/L and Julie Eller

Guest Speaker: Nikki Weiner, OTD, OTR/L, AOEAS, licensed occupational therapist, ergonomics specialist and co-founder of The Rising Workplace

The pace of the coronavirus pandemic has shown no signs of slowing down here in the U.S., and for so many in the workforce and in school, neither has their workloads. We're all having to do more and adapt to the "new normal," which means working and schooling from home, and with that comes many challenges. What's the best type of chair to sit in? How can I adapt my laptop? Is it OK to skip my regular work and/or my kids' school routines? How do I maintain a work-life balance from home?

[In this episode](#), Nikki Weiner, an occupational therapist, lead ergonomics specialist and co-founder of The Rising Workplace, shares her insights and tips on these topics and many more. With the right modifications, says Weiner, comfort, safety and balance can be achieved. Weiner provides details on how to modify your home into a work and/or school space to help protect joint and overall health, as well as tips on maintaining work-life balance.

"If we work in a neutral position, it protects our joints," says Weiner, "because it allows our circulatory system to operate properly, and that's the system that removes the waste in our body and keeps our tissues from becoming damaged. There is real science behind it and it's really important for our joint health."

Together, Rebecca and Julie, the podcast's co-hosts, who are also patients living with arthritis, share their own advice and experiences, too. Tune in to hear more on how these experts can help you set up and maintain workstations in your home. [Listen today!](#)

Here are some specific tools and resources available to help you:

- Get more [ergonomic tips](#), learn smart ways to [manage working with arthritis](#), learn about [flexible work arrangements](#) and know [your rights as an employee](#).
- Check out [arthritis.org/cares](https://www.arthritis.org/cares) for the latest coronavirus updates and news.
- Our experts, health care professionals and volunteers are ready to answer your questions every day in our [Live Yes! Online Community](#).
- You can always get personalized answers through our [Helpline](#).
- And, of course, the connections you've made with one another through the [Live Yes! Arthritis Network](#) in your community remain present and strong as ever.

The Arthritis Foundation would like to thank the following companies for their support of the Live Yes! With Arthritis Podcast

