



本集内容

Coronavirus: How to avoid back pain while working from home 新冠肺炎期间居家办公 如何防腰痛？

学习要点

有关“our body（身体）”的词汇

边看边答

According to the advice given, what should you do in your lunch hour?

文字稿

There's a lot of people working from home right now, which means dealing with some questionable **postures**. So, how do you work remotely while avoiding **aches and pains**? We got in touch with an expert.

现在有很多人在家办公，但是大家的办公**姿势**未必正确。那么，怎样在远程工作的同时避免**各种疼痛**呢？我们与一位专家取得了联系。

Alishah Merchant, physiotherapist

I think it's important not to overthink things and I think just think of the general concepts.

艾莉莎·麦钱特 理疗医师

我认为重要的是不要想太多，记住一般的原则就行。

Get up and move. Our body needs movement and so you can have the most perfect posture for eight hours, you'll still be sore and you could still end up with, you know, some sort of ache, pain or injury.

站起来，动一动。我们的身体需要运动，虽然你可以连续八小时都保持最完美的坐姿，但你仍会感到酸痛，你仍然可能会有某种隐痛、疼痛或损伤。

I think it is important to have that variability, so if you can set up a standing station, you know, you spend half your time sitting, half your time standing - but just watch when you're standing, too, that you're not getting into habits where you're putting all your weight of one of your upper **extremities** on your countertop.

我认为多变换姿势很重要。所以，如果你能安装一个站立式办公台，花一半时间坐着，一半时间站着。但站着的时候也得注意，不要养成把一个上肢的重量都放在台面上的习惯。

But if you're sitting at a desk, your head, shoulders and neck are not in the most ideal position. You likely have a few books that you can grab. It's ideal to lift that laptop up a little bit, so that your screen is actually in line with your eye gaze.

但如果你坐在桌前，你的头、肩膀和脖子的姿势都不是最理想的。你肯定有几本书可以拿过来。最好的做法是把笔记本电脑垫高一点，这样你的屏幕才能和你的视线保持一致。

The ideal situation would be that you have some sort of external keyboard and mouse that you can then connect so that your keyboard and mouse are in an optimal position with your laptop up on something.

理想的情况是你有外接的键盘和鼠标，你可以把它们连上，这样你的键盘和鼠标与被垫高的笔记本电脑就处于最佳位置。

Rolling up a small towel and putting it in the **small of your back**, that towel will force your low back to stay in a good position and keep you from sitting on your tailbone.

卷起一条小毛巾，放到**腰**的部位，这条毛巾会迫使你的腰部保持一个良好的姿势，以防止你坐在尾骨上。

Don't freak out if you feel a little bit of back pain. It's probably going to happen, it would probably happen in your office environment as well.

如果你感到腰背有点疼，不要惊慌。这很可能会发生，而且即便是在办公室的环境中，也很可能会发生。

Maybe even take a nice walk at lunch hour and try and get those little pieces of activity and movement through your day. And if those little aches and pains don't disappear by doing those things, there are tons of great providers that are available at the moment that are offering virtual services.

你可以在午休时间散散步，试着让这些零星的活动和运动贯穿至一整天。如果这些小疼小痛没有因为做了这些运动而消失，那么现在有大量优秀的供应商可以提供相应的在线咨询服务。

词汇

postures 姿势

aches and pains 各种各样的疼痛

extremities 四肢，手足

small of your back 腰部

视频链接

<https://bbc.in/2xaQPHC>

问题答案

Physiotherapist Alishah Merchant suggests taking a nice walk in your lunch hour.