Work Activities

Physical Therapy in Longmont for Work Activities

Welcome to the The Therapy Center resource for work activities.

At The Therapy Center we look forward to helping you recover from work related injuries. Whether you spend your day at the computer, sitting at a desk, standing or lifting, we can work with you to design a program that will help you avoid or recover from work injuries.

Click on the main menu links to explore information related to common work activities. For information on specific injuries, please click on our injuries and conditions category.

Our resources on this website are for informational purposes only. Do not diagnose, self treat, or attempt any exercises from the content on this site without contacting The Therapy Center, your physician or a qualified specialist first.

At The Therapy Center we offer Physical Therapy, Orthopedics and Sports Medicine, Manual Therapy Expertise, Massage Therapy, Fall Prevention Program, Medical Dry Needling, Disability Ratings, Functional Capacity Evaluation, Preemployment Screening, Warm Water Pool Therapy, Work Conditioning and look forward to working with you to enjoy maximum mobility and avoid injuries.

Articles

General Ergonomic Principles and Risk Factors

Healthy Computer Habits

Tips for Manual Handling and Lifting

Tips for Comfortable Driving

Tips for Hand Tool Selection