

Work Well to Avoid the Pitfalls of Working Behind a Desk

WorkWell is another specialized program offered at OrthoWell designed to help office workers avoid the most common physical risks associated with long hours working behind a desk, such as strains, sprains and other musculoskeletal disorders caused by overuse, repetitive movements, or simply poor posture, body mechanics, and computer ergonomics. Many workers experience stress disorders such as:

- ✓ Carpal Tunnel Syndrome
- ✓ Thoracic Outlet Syndrome
- ✓ Headaches
- ✓ Pain syndromes in the neck, back or shoulders

How The WorkWell Program Reduces Pain Syndromes & Injuries

Your WorkWell program includes 5 components provided by *an experienced doctor of physical therapy* including:

1. Physical therapy evaluation to identify imbalances and risk factors.
2. Education in proper posture, body mechanics, and computer ergonomics.
3. Stretching and range of motion exercise plan to be followed at work.
4. Exercise plan to improve overall fitness.
5. Home exercise program.

WORKWELL FITNESS PROGRAM

Our comprehensive and holistic approach to Wellness keeps you healthy... for a lifetime!

Our Clients Say It Best...



“After 6 years of pain, I have my life back. Chris never gave up on me!”

–Maureen B.



Let's Do this Together

- ★ Come on in for a **FREE WorkWell injury screening**
- ★ Utilize our team of doctors of physical therapy, massage therapists and personal trainers
- ★ Train one-on-one in our clinics to maximize your performance
- ★ Receive 24 Hour priority booking for a **FREE Injury Screening**
- ★ Qualify for an on-site workplace ergonomic assessment



Chris Dukarski

Physical Therapist, Owner

Chris Dukarski founded OrthoWell PT with the goal of helping patients and local businesses to stay healthy and injury free. He has treated orthopedic and sports injuries for nearly 3 decades. He has created a team of therapists and trainers that will maximize your results in minimal time



100 Cummings Center Suite 455C
Beverly, MA 01915
978-522-4199

37 1/2 Forrester St. Suite B,
Newburyport, MA 01950
978-462-2700