



5 Myth Busters

For individuals with sedentary work to prevent or manage musculoskeletal pain

Promoting
Physical Activity
in the Workplace

1

The role of posture

Myth

"Maintaining a good posture will prevent all pain."

Fact ✓

There is no single "perfect" posture. Regular movement and changing positions during work are more important than staying in one position all day.



2

Standing desks as a solution

Myth

"You need a standing desk to avoid pain."

Fact ✓

Alternating between sitting, standing, and moving throughout the day is what matters most. Standing desks can be helpful in alternating between sitting and standing but are not a magic solution.

3

Intensity and duration of exercise

Myth

"Exercise needs to be intense or long lasting to count."

Fact ✓

Even small moments of physical activity, like walking during a phone call, add up and can help manage pain. These can easily be included during the workday.



4

Pain as an indicator for damage

Myth

"Pain related to movement or a specific posture always means damage."

Fact ✓

Pain can occur without tissue damage. Staying active and gradually increasing movement helps prevent and manage pain. It's important to shift the focus from avoiding pain by not moving at all to building confidence and moving a bit more each day.



5

The role of stretching

Myth

"Stretching is the best way of managing pain."

Fact ✓

There is no single best exercise. A combination of exercises, including strength, aerobic activity and flexibility is recommended.

