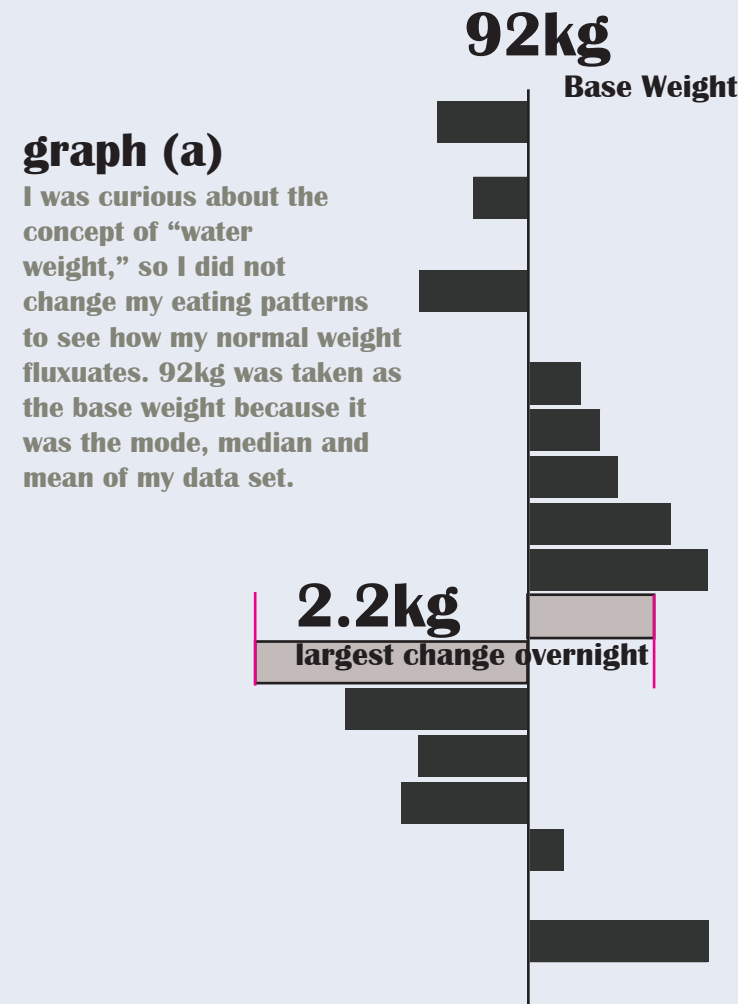


A Pain in the Back:

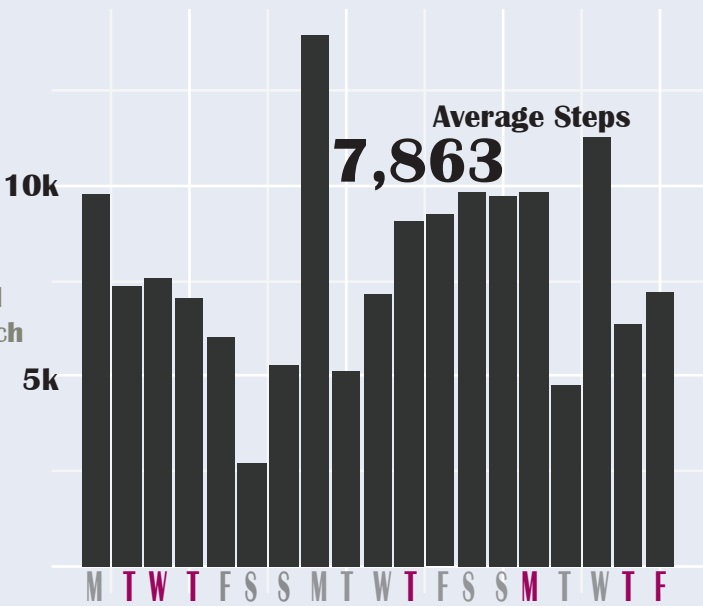
Computer Work and Chronic Back Pain

Six years ago, I did physical therapy for a minor low-back problem. After starting a graduate program and taking a desk-job, my back pain has gotten progressively worse. I mapped the things most likely to influence my back: exercise, weight and time at my computer, and rated my back pain on a scale of 1-10 at the end of each day (10 being the strongest back pain I’ve experienced). Graph (d) shows most clearly the relationship between long hours at the computer and more intense back pain.



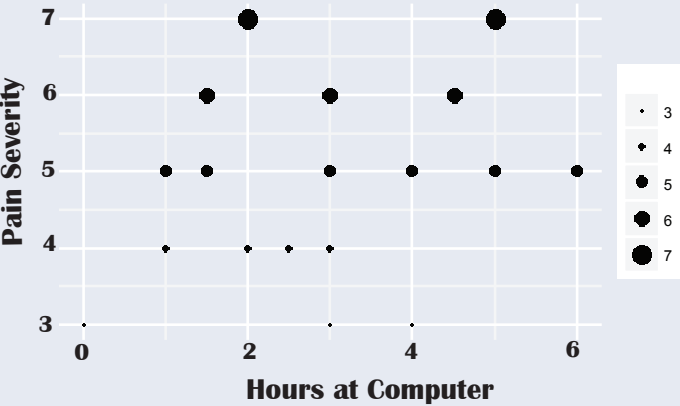
graph (b)

This is a graph of unencumbered steps, since my Pebble and fitbit do not register steps taken while pushing a stroller, holding a child or carrying a laundry basket, which can be 80% of my steps in a day. The red days had a pain rating over 5.



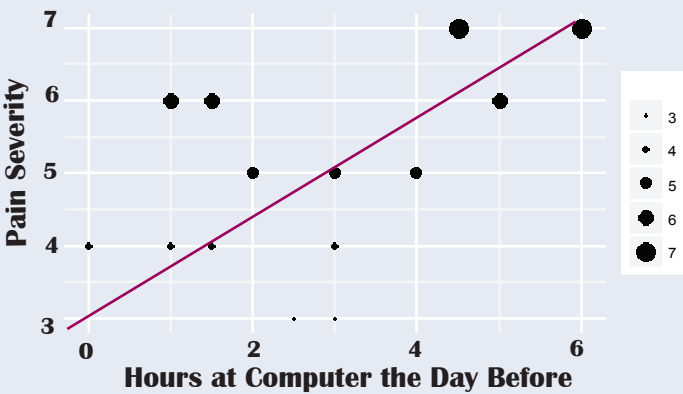
graph (c)

There was no correlation in the severity of back pain with the number of hours at the computer in the same day; however, graph (d) tells the story for the day after a long day at the computer.



graph (d)

Back pain on a ten point scale, charted against the number of hours at the computer the day before, show a correlation: more hours sitting creates greater pain, especially the next day.



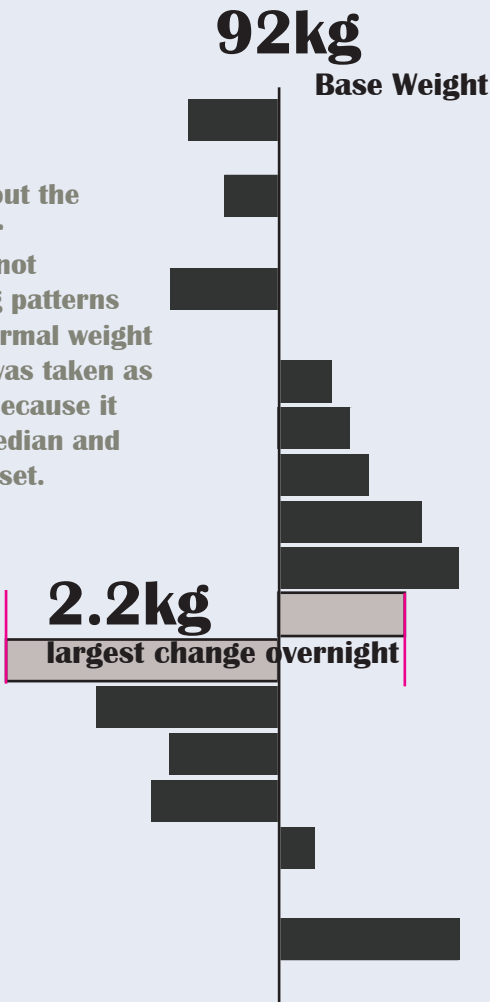
A Pain in the Back:

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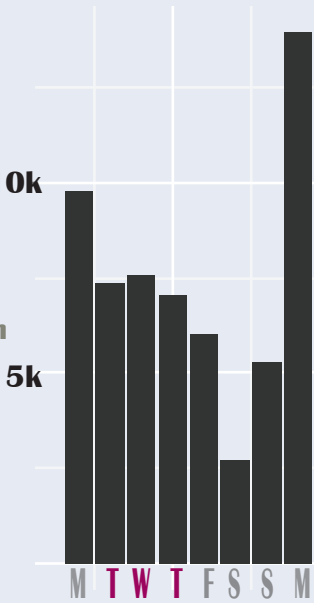
graph (a)

I was curious about the concept of "water weight," so I did not change my eating patterns to see how my normal weight fluctuates. 92kg was taken as the base weight because it was the mode, median and mean of my data set.



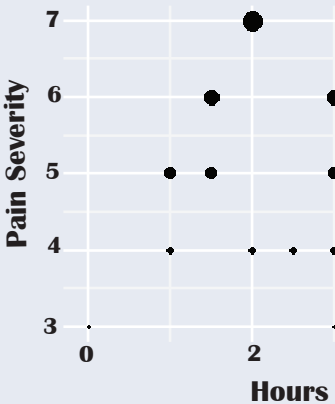
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