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## The Best Gear to Improve Your WFH Posture, According to Experts

By Alexandra Ilyashov



Photo: Jack Mitchell/Getty Images

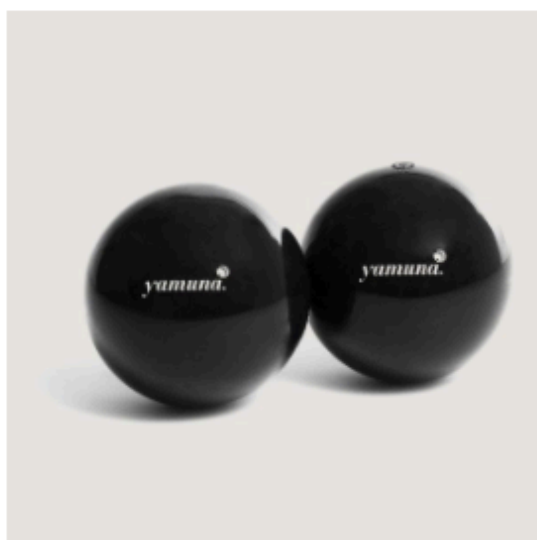
The average American adult spends 6.5 hours a day sitting — and that’s when we’re *not* socially isolating and tasked with staying inside as much as humanly possible. These days, many of us who are now working from home are not only sitting more, we’re also no longer sitting correctly without office luxuries like ergonomically designed chairs and adjustable laptop stands. “When people are working at home, the productivity and the amount of time they’re sitting at the desk, are a little different than when they’re at the office,” says Vivian Lee, founder of posture-wear brand Kinflyte. “The ability to understand and work on posture is even more important when you’re at home working.” Making matters even worse, “now with social distancing, you miss the appointments with your physical therapist, or the opportunity to go out and get a massage. We are on our own.”

Fortunately, there are a whole host of ways to improve posture while working from home (without leaving home). “For improving or maintaining good posture, especially now with the work at home environment, there are three main components: one, the workstation that you’re using; two, wearables; and three, things for at-home strengthening,” says Dr. Joseph Herrera, Mount Sinai’s director of sports medicine and chairman and professor of the Department of Rehabilitation and Human Performance at Mount Sinai’s Icahn School of Medicine.

Here’s what Herrera and a handful of other experts we spoke to recommend, from high-tech posture gadgets to orthopedic pillows.

## Workstation

“Laptops, iPads, or tablets are not the best when it comes to maintaining posture, because you’re forced to sit in a flexed position,” Herrera explains, which is “everything opposite from good posture.” We’ve covered ergonomic chairs and laptop stands pretty extensively, but if you’re not looking to upgrade your office furniture at the moment, there are lots of odds and ends that’ll upgrade your overall experience.



### Yamuna Black Balls

\$39

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Joyce Englander Levy, a yoga instructor and director of mindful movement for wellness brand The Well, recommends wedging a Yamuna Ball between your lower back and your chair “to help support and maintain the natural curves of the spine,” she says.

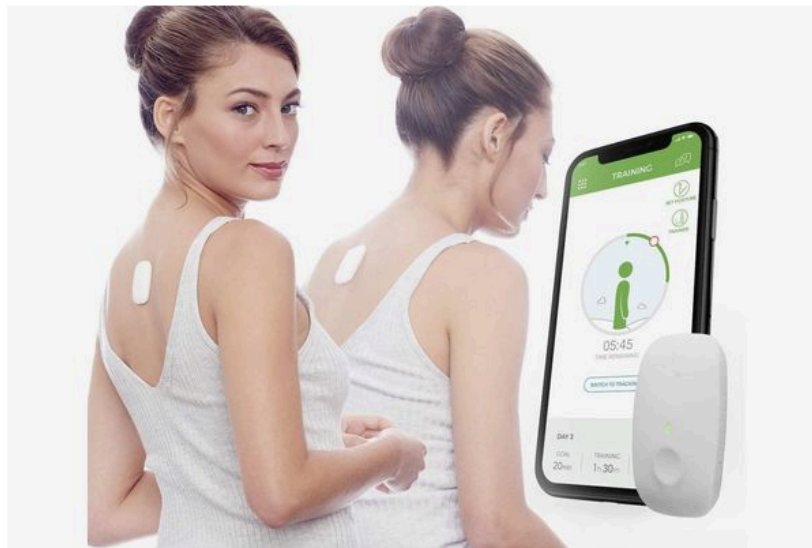
\$39 AT EBAY

\$32 AT YAMUNA

## Wearables

Posture clothing is a niche but growing category that bridges medical and physically therapeutic design with fashion — and while it usually looks like the former, newer brands like IntelliSkin, IFGfit, and Kinflyte are a touch more style-forward. “Wearables serve the purpose of a reminder,” Herrera explains. “Clothing itself serves as a tactile reminder, meaning that you’ll start to feel pressure on your shoulders, or stretching of your back as you start to slouch.”

### Posture devices



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There are also high-tech takes on posture wear, like the strap-free Upright Go. Herrera has recommended the device to his patients, and has also used it personally. It’s effective thanks to its harder-to-ignore cues. “Your phone will vibrate to tell you, ‘hey, your posture’s becoming poor,’ so it’s a reminder to tell you to put your shoulders back, stand tall, squeeze your rhomboids, and work your core; I’ve found it to be a useful tool,” he says. “The pros of the product are that if you keep it on all day, you’ll be reminded all day of your posture.” The downside is that the device’s chastising buzz can get a little annoying. Levy hasn’t tried it firsthand, but says she knows students and colleagues who’ve tried the device “with some success — they greatly appreciate the reminder but sometimes it feels like a burden,” she says.

\$75 AT AMAZON

## At-Home Strenthening

While an ergonomic workstation and wearables matter, Herrera underscores the importance of working out to strengthen “specific muscle groups that really help maintain posture, specifically, the upper- and mid-back, shoulders, rhomboids, and rotator cuffs, with upright or bent-over rows,” followed by core work. “Trapezius pain really is more of a warning sign to improper workstation: it’s usually because you’re looking down at your screen,” Herrera says. Shoulder shrugs and neck stretches are good for alleviating fiery, screaming traps.



### The Well Reset Everything Mist

\$40

Doing regular check-ins with your posture is also helpful. “Every time you are at a starting point in your workflow, like at the beginning of a new email, or drafting a new document, or picking up a phone call, make a habit of resetting your posture, because as you concentrate on your work, you likely lose track of these physical [posture] efforts.” Levy says. “You can even make a posture reset habit into a ritual that’s fun (and fragrant): Keep an essential oil blend with ingredients like bergamot mint, ylang ylang, or cedarwood nearby “to refresh and inspire you to sit up a little taller” with a dab or spritz each time you reset, Levy suggests.

\$40 AT THE WELL