

Work Activities

Physical Therapy in San Ramon for Work Activities

Welcome to the Ironhorse PT and Pilates resource for work activities.



At Ironhorse PT and Pilates 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 Ironhorse PT and Pilates, your physician or a qualified specialist first.

At Ironhorse PT and Pilates we offer Physical Therapy and look forward to working with you to enjoy maximum mobility and avoid injuries.

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