



# City of Albuquerque

## EAP Newsletter

*"The City of Albuquerque's most valuable asset is its employees!"*

Spring 2024

### In This Issue

- Pelvic Tilt and Lower Back Pain
- Inspirational Quote
- Helpful Links

### Helpful Links for you and your family:

#### **Additional Wellness Resources:**

##### [Better Health Program](#)

Click the link to view the Better Health Program webpage, which contains information and opportunities for employees to improve their wellness!

##### [8 Strategies for a Healthy Spring](#)

Click here to read an article from the CDC on 8 tips for being healthy this Spring

##### [Spring Clean Your Mental Health](#)

This article discusses 5 tips for "spring cleaning" your mental health

### Pelvic Tilt and Lower Back Pain

By Bo Ybarra, EAP Health and Wellness Coordinator



It is very common to, at some point in our lives to experience lower back pain of some shape or form. It's really the non-specific back pain that puzzles us all right? When you wake up for no reason either sore or in pain, or when you slightly twist to pick something up or just performing a daily task you've done a thousand times. Well, a recent study done on the effects of pelvic-tilt imbalance at the Graduate School of Kyngham University in the Republic of Korea may hold the answer!

According to Won-euk and Doochul (2023) there are significant correlations between having a pelvic-tilt imbalance and our ability as office workers on muscle performance, range of motion and disabilities. In this review, the researchers took studies and compiled them all to compare having a posterior (backwards based) or anterior (forward based) pelvic tilt and the causal effects from a range of factors including age, gender, muscle strength, flexibility, total body composition, and daily activities to try and find a correlation to what is really causing this random back pain that people experience but cannot seem to pinpoint!

Researchers found that people that are office-based have a connection between inactivity due to work demands, alignment of the hips due to body composition (muscle strength to maintain good posture vs. body composition {weight v. fat % v. muscle mass}, & flexibility/range of motion). Conclusively, it was shown that "Office workers often suffer from low-back pain and pelvic tilt because they often sit for long periods of time. Pelvic-tilt imbalance in office workers with non-specific low-back pain can affect their hip-rotation range of motion and degree of disability due to low-back pain." Kim, W.-D., & Shin, D. (2023).

With all of this information, we can combat these symptoms and reduce our chances of developing a pelvic-tilt misalignment and we can do so quite simply:

1. **Regular Ergo Breaks:** Getting up out of our chairs and doing any form of stretches; stand and overhead reach, standing side bends, cross body rotations, and forward fold stretches.
2. **Increase your activity level:** 45-60 MINUTES! According to ACSMs guidelines for exercise testing and prescription (2021), 45min to 60min of moderate (50-65% of maximal exertion) aerobic exercise 3 to 5 days per

## **Crisis Management**

### **Resources:**

[AGORA CRISIS CENTER](#)

1-866-HELP-1-NM

[NEW MEXICO CRISIS  
AND ACCESS LINE](#)

1-855-NMCRISIS

[SUICIDE PREVENTION  
LIFELINE](#)

1-800-273-TALK

[NATIONAL DOMESTIC  
VIOLENCE HOTLINE](#)

1-800-799-SAFE

[HOPELINE: CALL OR TEXT](#)

1-877-235-4525

## **We'd Love to Hear From you!**

*Please call or email us  
for more information on  
our program or to set up  
an appointment! Our  
contact info is below!*

**Phone (8am-5pm):**

(505) 768-4613

**Email:**

[eap@cabq.gov](mailto:eap@cabq.gov)

**After Hours Phone (M-F,  
5pm-8am, and on  
weekends):**

Call the EAP main  
number at 505-768-4613  
and you will be  
forwarded to our  
dedicated crisis line

week can limit your risk of obesity, cardiovascular or cardiopulmonary diseases, and decrease pain levels in joints from stiffness.

3. **Postural working environment:** Remember, as an office worker you want the best possible set up (chair, desk, keyboard, mouse, phone, etc.) to fit YOU. Ergonomically speaking, work needs to fit you. Designing the tools you are given to fit your body is crucial in maintaining:
  - a. **A neutral spine:** that keeps the pressure off your lumbar spine by keeping the spine neutral; avoiding repeated twisting, turning and extended periods leaning forward
  - b. **A neutral neck:** having your monitors adjusted to the height that is at the top of your field of vision
  - c. **Relaxed shoulders:** keeping your arms in what is referred to as "the power zone", near your sides, if your chair's arm rests adjust bring them to a height that is slightly lower than your desk height for support and sitting close enough to avoid any unnecessary reaching forward for extended periods of time
  - d. **Keeping feet resting flat:** Easy to remember, hard to do, remember when your feet are flat the leg muscles are relaxed and supported. When your feet are indirectly resting on a surface, your leg muscles are working and subject to getting fatigued.

Overall, we want to set ourselves up for success and that takes a little bit of planning, and a little bit of effort, but in the long run can save us a lot of lost time. Cardiovascular issues, diabetes, and obesity are (for the most part) preventable! We just need to do a little work on centering some focus internally and make awareness of our own wellbeing a priority in our very busy lives!

We at the EAP are here to help with whatever you might need so please, come visit or email us with anything we can help with. Some of the available services include fitness assessments and access to the APD gym, ergonomic assessments, counseling for employees and eligible family members, training and more. We are here to assist you on your journey to wellness both in mind and body! To schedule an appointment for any of the services that the EAP offers, please call our main number at **(505) 768-4613**, or send us an email at [eap@cabq.gov](mailto:eap@cabq.gov). You can also access our webpage [here](#).

Wishing you happiness, health, and well-being in mind and body this Spring!

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### **Inspirational Quote:**

*"Happiness held is the seed. Happiness shared is the flower."*

**-John Harrigan**

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**Thank you for reading! Please stay safe and healthy out there!**