



47-Year-Old Payroll Administrator with Chronic Low Back Pain RETURNS TO ACTIVE LIFESTYLE

Highlighted below is a live case study of an individual who has enhanced the quality of their life as a result of properly integrating the use of their sit-stand workstation into their workday.

In this case, the individual was not only "provided" a sit-stand workstation, but was educated, reminded and given performance feedback via StanData's free technology throughout the period discussed.

Gary (not his real name) 47-year-old male payroll administrator for a city government is an active fitness enthusiast. Low back pain from his sedentary job (95% sit, 5% up in office) hindered his exercise routine of a daily run and weekly spin class. Gary's hip flexor tightness was chronic despite his stretching routine, and his psoas muscles frequently "screamed" at him during the workday. In March of 2019 Gary received a sit-stand workstation powered with StanData's software from his employer as part of a Pilot Program. The purpose of the StanData software was to provide performance metrics and reminders to facilitate frequent transitions.

Within 45 days, StanData reported Gary's pain levels decreased from 6 to a 1 on a 0-10 scale and he has decreased the amount of time sitting by 2/3. StanData also showed Gary was transitioning between postures 6-10X per day and Gary reported back that he estimated he increased his personal productivity by about 20%.

Gary also increased his daily run distance, reduced his split times and increased the spin class frequency as a result of his improved hip flexibility and reduced low back discomfort.

Within 45 days, StanData reported Gary's pain levels decreased from 6 to a 1 on a 0-10 scale and he has decreased the amount of time sitting by 2/3.

The power of frequent postural transition is real and has been documented by many in books and journal articles. Encouraging proper use of sit-stand workstations through reminders and education can have significant effects on wellness — particularly for those individuals who would be considered "at-risk" employees.

This is a factual case, but of course, results may vary for every individual, and these are not intended to represent medical claims.

While this case study is anecdotal, a "positive impact on overall health" is self-reported as an effect by about 60% of surveyed employees using sit-stand workstations powered by StanData's technology.

www.standata.com

3651 FAU Boulevard , Boca Raton, Florida 33431 • 561-203-6427

 **StanData**
TECHNOLOGY, LLC
Educate • Remind • Report