

# Work Activities

## Physiotherapy in Etobicoke, Toronto for Work Activities

Welcome to the Physio First resource for work activities.



At Physio First 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 **Articles** 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 Physio First, your physician or a qualified specialist first.

[General Ergonomic Principles and Risk Factors](#)

[Healthy Computer Habits](#)

[Tips for Manual Handling and Lifting](#)

At Physio First we offer Physiotherapy, Massage Therapy, Pelvic Health Physiotherapy, Vestibular Rehab, Acupuncture, Shockwave Therapy, Orthotics and Custom Knee Bracing and look forward to working with you to enjoy maximum mobility and avoid injuries.

[Tips for Comfortable Driving](#)

[Tips for Hand Tool Selection](#)