

### **Coronavirus: How to combat back pain while working from home**

As millions of people are told to work from home and adjust to doing their jobs remotely, there are likely to be inconsistent desk set-ups where injuries are more likely.

Alishah Merchant, a physiotherapist at Rebalance Sports Medicine, gives some tips on how to optimise your home workstation.

<https://www.bbc.com/news/av/world-us-canada-52359102/coronavirus-how-to-combat-back-pain-while-working-from-home>

### **Beat the home-working fatigue with these exercises**

Feeling sluggish while stuck at home? Try these exercises from an Essex farmer and personal trainer.

<https://www.bbc.com/news/av/uk-england-essex-51981210/coronavirus-beat-home-working-fatigue-with-key-exercises>