

Work Activities

Physical Therapy in Scottsdale, Phoenix and Mesa for Work Activities

Welcome to the Endurance Rehab resource for work activities.



At Endurance Rehab 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 Endurance Rehab, your physician or a qualified specialist first.

At Endurance Rehab we offer Physical Therapy, Sports Medicine, Performance Training, Injury Prevention and Performance Testing. and look forward to working with you to enjoy maximum mobility and avoid injuries.

[General Ergonomic Principles and Risk Factors](#)

[Healthy Computer Habits](#)

[Tips for Manual Handling and Lifting](#)

[Tips for Comfortable Driving](#)

[Tips for Hand Tool Selection](#)