

# Work Activities

If you have pain or limitation and live in Greenville-Spartanburg SC, then call the rehab experts at Purposed Physical Therapy, Greenville SC at [\(864\) 881-1712](tel:8648811712) or you can fill out our New Patient Form by clicking [HERE](#) and we will call you!

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## Physical Therapy in Greenville for Work Activities

Welcome to the Purposed Physical Therapy resource for work activities.



At Purposed Physical Therapy 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 Purposed Physical Therapy, your physician or a qualified specialist first.

At Purposed Physical Therapy we offer Physical Therapy, Sports Rehabilitation, Sports Performance, & Dry Needling 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](#)