

## Is **Neck and Shoulder Strain** a problem for you?

**Symptoms:** tight neck and shoulder muscles causing irritation/pain



Deskercize Solutions:

1. Position the monitor in a straight-ahead position rather than to the side. This will encourage a neutral head and neck position.
2. Position the top of the monitor at or slightly below eye level so that the head and neck remain in a neutral position. The use of **Monitor Risers** offers a quick and easy way to add height to your computer monitor.
3. Position the document at the same height and distance to the monitor or between the keyboard and the bottom of the monitor for in-line viewing. In-line **Document Holders** are recommended for the best results.
4. Avoid cradling the telephone headset between the head and shoulder. Consider the use of a telephone headset or speakerphone.
5. Posture follows the eyes; position reading material on an inclined surface with the use of a slant board to encourage an upright upper body posture.

**RELAX and ROLL** - Relax your shoulders and let your head roll forward, chin to chest. Slowly rotate your head in a circle without straining your neck. Repeat five times. Relax. Then rotate in the opposite direction and repeat five times. Try not to raise your shoulders as you do this exercise.