

Do you suffer from **Arm and Shoulder Strain**?



Symptoms: Arms and shoulders tight, strained feeling

Deskercize Solutions:

1. Position frequently used items within your 'near reach zone' as to minimize arm extension and shoulder strain.
2. Position yourself close enough to the keyboard and mouse so that your elbows are by your side and arm extension minimized. The use of a Keyboard Arm & Platform may provide the height, angle and distance adjustments needed.
3. Adjust chair height or work surface height (use Desk Risers or an Adjustable Tables) for the task being performed: The arms should be at a comfortable open angle (100° to 110°) while keying. The reading and writing surface is typically 1 1/2" - 2" higher than keying height, thereby allowing the forearms to rest comfortably on the work surface and back and shoulders in a comfortable position. Forearm Supports can also be used to provide postural support and freedom of movement while performing repetitive motion tasks.

FUNKY CHICKEN - Place your fingertips on your shoulders, elbows pointing out to the sides. Pull your elbows back as far as you can. Push your elbows forward and try to touch them together. Repeat 10 times. Now, keeping your fingertips on your shoulders, lift your elbows up and then push them down to your sides, as if you're trying to fly. Repeat 10 times.