HINDMARSH AND FITZROY PHYSIOTHERAPY

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8 TIPS TO FIGHT BAD POSTURE HABITS!

HERES HOW TO IMPROVE TEENAGE POSTURE PAIN AND AVOID MUSCLE FATIGUE SYMPTOMS SUCH AS HEADACHES, NECK OR BACK PAIN ... NOT BAD ADVICE FOR THE REST OF US TOO !

Children and teenagers are increasingly doing longer hours of study at home on computers, tablets and phones. All too often they are putting their bodies in bad positions by slouching at the desk, lying with laptops on the sofa or even studying in bed.

8 EASY TIPS FOR THE BEST POSTURE, READING, USING LAPTOPS AND PC'S:

1.Chair - Make them sit at a chair that provides good, solid back support, otherwise roll a towel and place it behind their low back/waist.

2. Legs - Their hips should be as far back in the chair as possible, with knees in equal height or slightly lower than hips. Adjust the height of chair (or desk) accordingly.

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3. Arms - Adjust the chairs armrests, so their arms can rest gently on them without tensing the shoulders. Shoulders should be relaxed with elbows at a 90 degree angle and close to the waist.

4. Wrists - Ensure the wrists are maintained in a neutral position when typing or using the mouse. We advise to buy an inexpensive gel wrist support when using a separate mouse.

5. Screen - Ensure the screen is at eye height level. If the monitor is too low, take some books to rest the monitor the times your child will be typing less.

6. Set-up - Use a separate keyboard and mouse to improve their laptop setup. Laptops are not designed for prolonged use because the screen and keyboard are too close together. The best thing is too put your laptop on a stack of books and get a separate keyboard and mouse.

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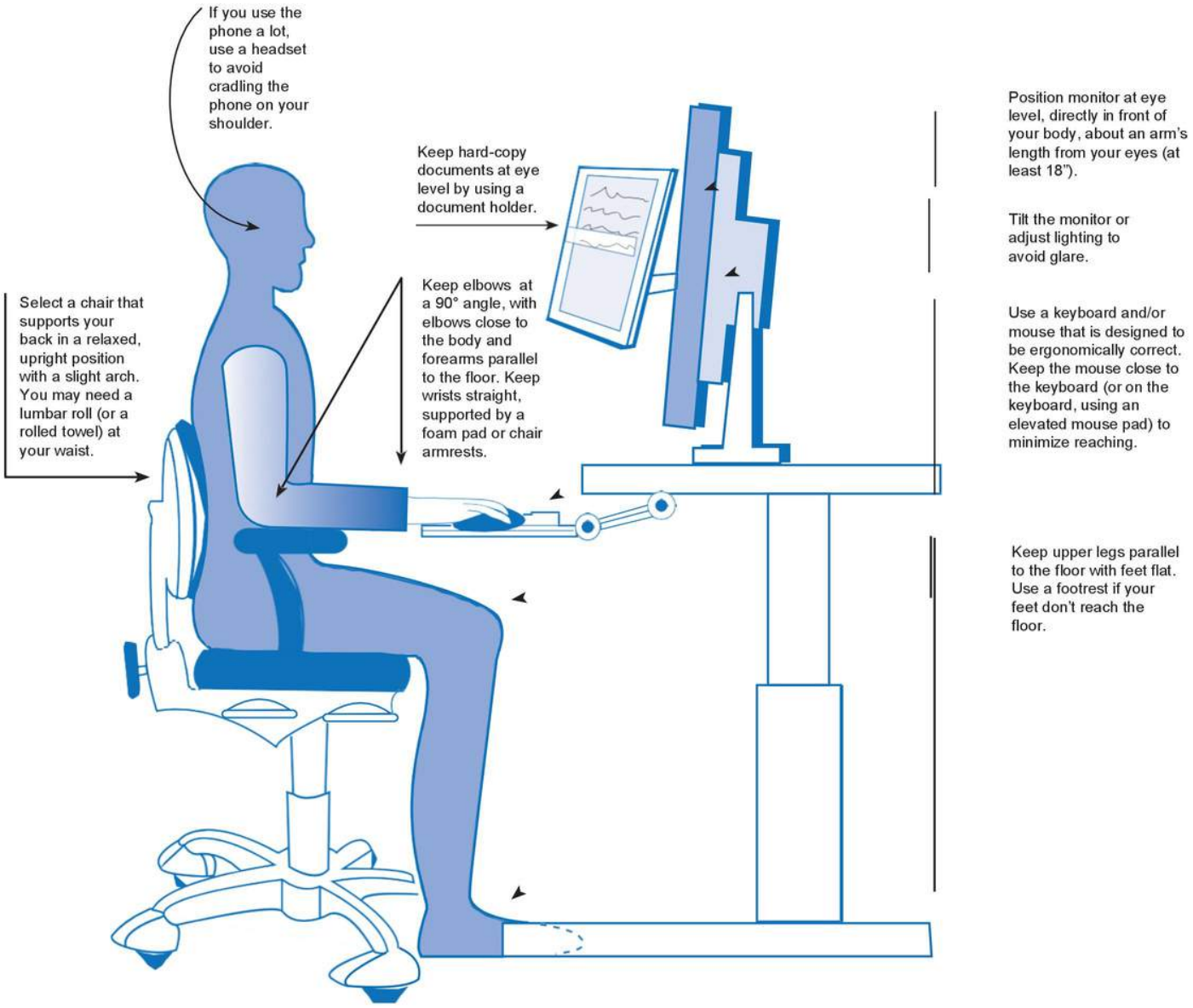
7. Mini breaks - It's important to take mental and physical breaks from study time. Give your child 5 minutes for every 45 minutes they are working. Ensure they get up and walk around at least every hour.

Arrange Your Workstation

Every time you work, take time to adjust workstations that aren't quite right in order to minimize awkward and frequently performed movements.



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8. Exercises:
Chin Tuck: Slide chin inward, without bending neck up or down. Don't jam the chin down to the chest

Shoulder Squeeze: Raise the arms in front of body, with elbows bent and thumbs up. Pull elbows back, squeezing shoulder blades together. Hold for a few seconds then release.

Stretch Up: Sit up straight and imagine a rope attached to the top of your head to the ceiling. Gradually stretch to be as tall as possible, hold for a few seconds, then relax.

Close your eyes for a minute, refocusing away from the monitor at something in the distance, or rolling your eyes all around

Heres our popular PDF on neck exercises they can do as well

If you are at all worried about their posture why not arrange for one of our physios to do a video assessment of their work station setup and posture.

We can use Facetime or Zoom to assess their very own setup and offer immediate advice that they might listen to !!

In Clinic consultations and hands on treatment are useful for the treatment of postural pain and stiffness. We can help break the cycle of persistent neck, shoulder and upper back pain commonly seen as the study hours increase.

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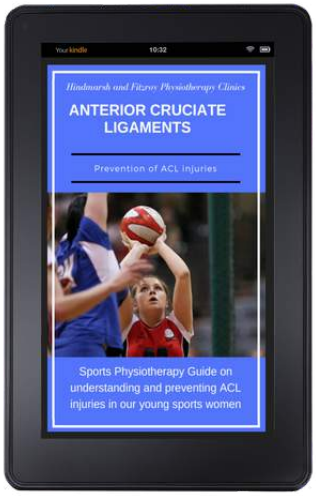
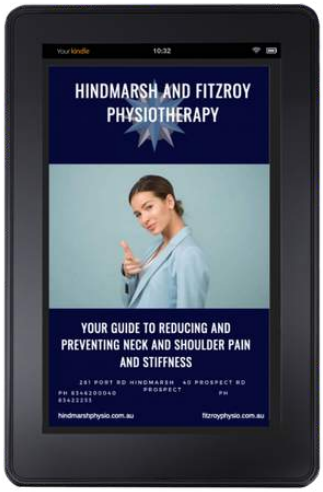
We are committed to supporting you and your familys physiotherapy needs. Please reach out to our team if there is anything we can do.

As Physios, we provide extensive education as part of our management and prevention programs, but realize not everyone can find the time or have the confidence to make an appointment. You are welcome to download these informative E-books that you may find useful to get you on your way.

OTHER RESOURCES





PREVENTING ACL INJURIES

COMMON SPORTS INJURIES

MANAGING NECK PAIN

To access our free E-book Resource just click the images above

You can call us on 83462000 at Hindmarsh and 83422233 for Fitzroy, Prospect or CONTACT US ONLINE HERE if you would like an appointment

We are passionate about providing our patients and community with information on prevention and management of many conditions. This PDF is not intended as a substitute for medical advice or treatment and should not be interpreted as such. Always seek advice from a qualified medical professional and use of this information is at your own risk