

Is Your Tablet/Smart Phone a Pain in the Neck?

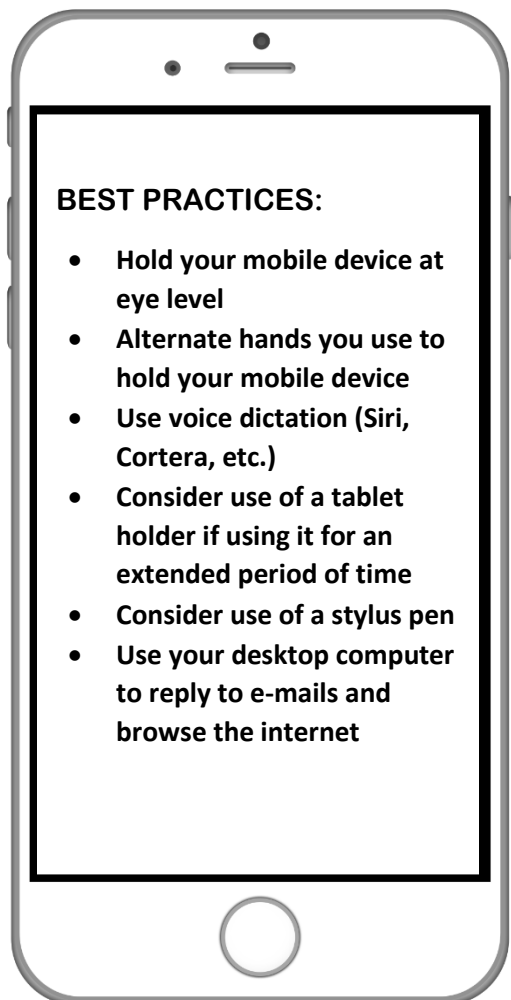
The cumulative effect of smartphone and tablet use both on campus and at home may increase the risk of chronic neck injuries and repetitive stress injuries in the fingers.

DID YOU KNOW?

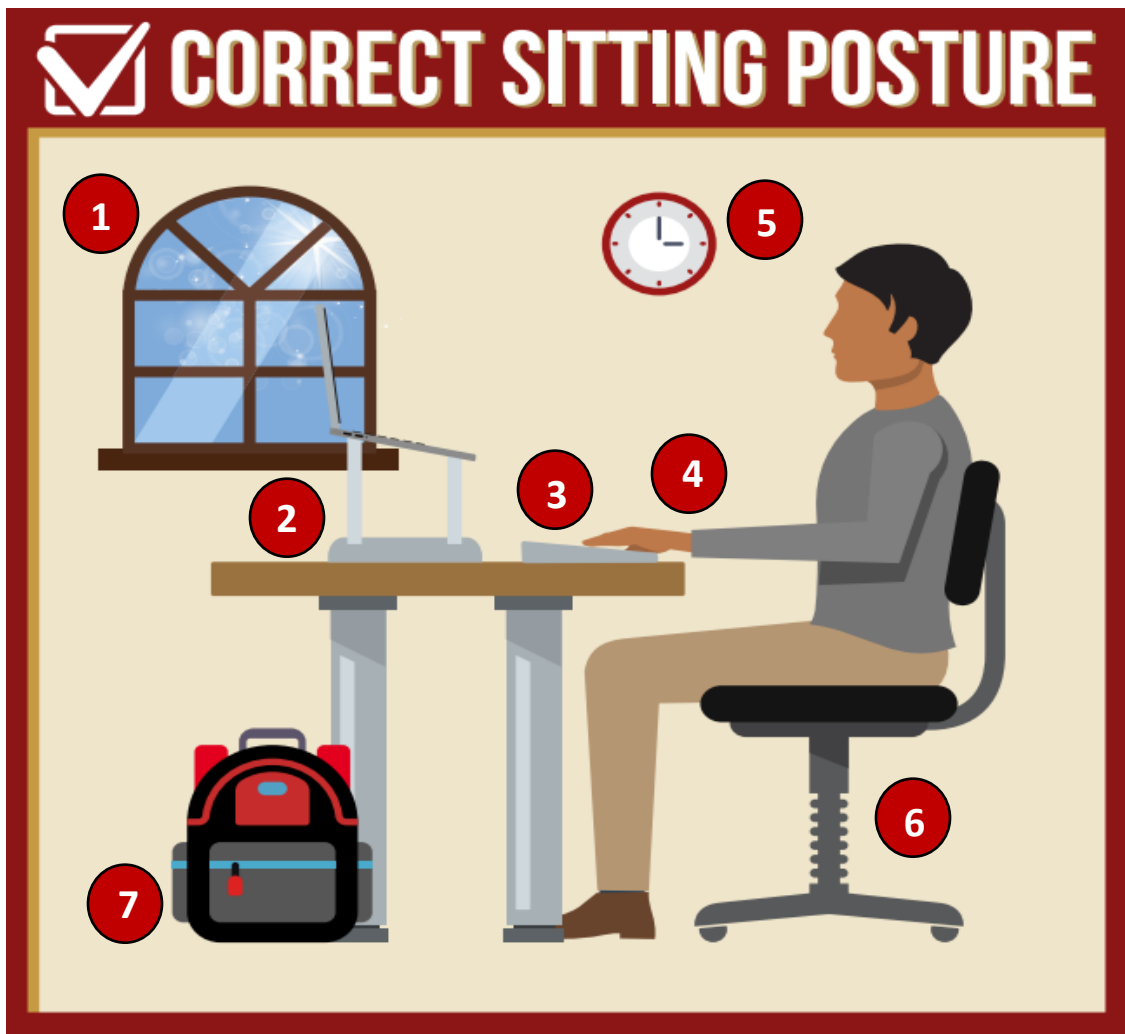
The effects of long term forward neck posture leads to "long term muscle strain, disc herniations and pinched nerves." **Mayo Clinic Health Letter Vol. 18, #3 March 2000**¹

Forward head posture results in loss of vital capacity of the lungs by as much as 30%. This shortness of breath can lead to heart and blood vascular disease. The entire gastrointestinal system is affected; particularly the large intestine. Loss of good bowel peristaltic function and evacuation is a common effect of FHP. **-Rene Cailliet, M.D., Director of the Department of Physical Medicine and Rehabilitation at the University of Southern California**¹

1. <http://text-neck.com/anatomy-and-effects-of-texting.html>



tilt angle	0 Degrees	15 Degrees	30 Degrees	45 Degrees	60 Degrees
Added Weight to Spine	12 Lbs	27 Lbs	40 Lbs	49 Lbs	60 Lbs



- 1** To avoid glare, position the laptop screen perpendicular to windows. Shut blinds to avoid bright outside light & avoid working under bright lights.
- 2** Place laptop on a riser (or use a separate monitor) so the top of the screen is at/slightly below eye level.
- 3** Use separate input devices (e.g keyboard, mouse) to allow the shoulders to relax and the hands to be at elbow level.
- 4** Maintain neutral wrists while typing. Reduce contact stress by floating the hands above the keyboard.
- 5** Breaks: Take a 1-2 minute microbreak every 30 mins. Free break software is available for PC (WorkRave) and Mac (TimeOut).
- 6** Use an adjustable chair. Sit with hips/knees/ankles at 90° and feet flat on the ground.
- 7** Use a backpack with two straps to distribute the weight or a rolling bag.
- T** Complete the web-based computer workstation ergonomics training (**EHS 3400** – available through STARS).

For additional support, contact SU Ergonomics by filling out the [Request Ergonomic Services form](#).