

We all know that sitting at a computer for a long time is hard on our muscles and can lead to various aches and pains. We know it is important to not to sit for too long, sit tall and have the screen the right height so our eyes are looking mid screen and have good lumbar support, but still headaches, neck, shoulder and forearm aches are common complaints.

Mostly the muscle ache is secondary to too much tension in the muscles of the neck, shoulder and arm. The muscles are working too hard. Various different ergonomic devices aim to lessen the load on your upper body.

The mouse

There are a variety of mice around. Some are just bigger and people find their hand can relax more. Many like the upright mouse like the one pictured below. The position of your wrist is different. It changes the rotation of your wrist and requires getting used to a slightly different finger action but for many people this is much more comfortable.



Arm supports that can be attached to your chair or table can also really reduce the tension in your neck and shoulder.

A device such as a **micro desk** can ease neck muscle tension by altering the angle that your head is forward when reading a document. You can see this in use at our front desk!



Stretches are still very important. We are not well designed for keeping still for long periods. Our “Workwise” brochure has some simple stretches to help you. Ideally you should try to stand and move away from your desk every 30 minutes! Some of our clients are finding the new **Posture Medic** is very useful, not only to keep your posture, but also as an exercise tool! Ask your physio if this may be right for you!

If you need more help ask your **Physio** or visit our good friends at **The Back Centre on Anzac Highway.**
www.backcentre.com.au