

Are You Experiencing...

Neck, shoulder, or back pain?

Do You Have...

Tight muscles, stiffness, or discomfort when moving?

Your posture may be the culprit.

By making changes to your posture, you can relieve tension and decrease pain, discomfort, and stiffness.

Follow these tips when using electronic devices to feel relief from these symptoms.



What Physical Therapy Can Do For You

If you are currently experiencing any of these symptoms related to technology use, or would like additional information on posture, exercise prescription, or pain management, physical therapy is a health care profession that can help.

Physical Therapy is a professional health discipline dedicated to maximizing quality of life through restoring and improving strength, function, movement, and general well-being.

Physical therapists combine their extensive knowledge of the body with their specialized hands-on clinical skills to assess an individual's body mechanics and develop client specific treatment programs.

Physical therapists can provide postural assessment and correction, strength and flexibility exercise prescription, and pain treatments using a variety of modalities.

Saskatchewan Physiotherapy Association

ELECTRONICS USE AND YOU:

POSTURAL CONSIDERATIONS FOR HEALTHY AGING



UNIVERSITY OF SASKATCHEWAN
School of
Rehabilitation Science
COLLEGE OF MEDICINE
MEDICINE.USASK.CA/SRS

Postural Considerations For Electronics Use

Technology is integral to our lives, however we often do not consider how we interact with it. It is well established that good posture is important for joint and muscle health. Do you think about your posture when you use technology?

When using technology, we tend to:

- Hunch our backs and shoulders
- Bend our necks to look down at our screens
- Sit in the same position for long periods of time



Tips for Healthy Electronics Use



1 Take frequent breaks

Stand, walk, move around and stretch.

Set a timer to remind you.

2 Be aware of your posture

Position ears over shoulders, and shoulders over hips.

Use a mirror or a picture for reference.

3 Raise your screens

Bring your device up to chest height to straighten your back.

Use a pillow or tablet/phone stand to keep your head upright.



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Find a physiotherapist near you at
www.saskphysio.org

Try It Out!

Step 1 – Find a partner.

Step 2 – Grab your device.

Step 3 – Have your partner take a photo of you while you use your device.

Step 4 – Evaluate posture together.

Things to Look for:

- Is your head in line with your shoulders, or is it shifted forward?
- Are you hunched forward?
- Are your feet flat on the ground?

Think:

- Ears over shoulders, shoulder over hips
- Ankles, knees, hips at 90 degree angles

Step 5 – Remember to try the tips from this brochure to promote a healthy posture.