

Week 5 – January 28, 2008

Fatalities 000
20 yearsLost Time 000
12 daysRecordable 000
12 days

Neck & Shoulder Pain

7 out of 10 people are troubled by neck & shoulder pain. Sometimes, it's brought on by an automobile accident. More often, it's due to years of normal use, overuse, and misuse – at home & at work!



8 Tips to Ease Neck & Shoulder Pain

Without knowing it, you may be encouraging neck and shoulder pain by the way you perform everyday activities. In general, try to keep your neck in a neutral position, which means your head balances directly over your shoulders and is not leaning forward or cocked to one side. Below are 8 tips for achieving a healthy neck posture at home & work:

At Your Computer or Desk! Keep your head balanced directly over your spine. Set your chair height so that both feet rest on the floor while sitting with your derriere far back in your chair. Use a small pillow to support your back, if necessary. Be sure to move or stretch approximately every 30 minutes!

Telephone Use! Try to avoid leaning your head to one side or holding the receiver between your ear and shoulder. This is also important when using a cell phone.

Reading! Maintain an upright posture. Hold the book so you don't have to lean down or forward to see it.

Walking! Ladies--avoid high heels as they change the alignment of your body from the ground up, ending in a head-thrust-forward position that can stress neck muscles.

Carrying a Bag! Choose a lightweight purse, backpack, or briefcase AND don't overload it! Don't carry a backpack over one shoulder. You may want to try switching to a fanny pack or a backpack designed to put weight on the hips instead of the upper back. For heavier loads, use a wheeled pack or briefcase. If you use a shoulder bag, alternate the bag from the right shoulder to the left shoulder..

Driving! Posture is a factor in whether a collision will cause whiplash. Your headrest should be high and close enough to catch your head if you were in a rear-end collision. Position the seat so that you can sit up straight with your head no more than 2-4 inches in front of the headrest. Adjust the headrest so the upper edge is level with the top of your head with the back curve of your skull meeting the cushion of the headrest.

Lifting! Bend your hips and knees instead of your back. Keep the object close to your body while straightening your legs. When lifting something over your head, don't tilt your neck backwards. Strengthening your arms will make lifting easier.

Watching TV! Sit far enough from the TV so you can see it without tilting your head back. Don't sit off to the side where you have to turn your head for long periods.