




Triaging the Injured Worker

We've Got to Move it, Move it!

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How many of you DON'T use a laptop, cell phone, computer or tablet?

“Tech Neck”: term used to describe chronic neck pain that can include the shoulder and back caused by straining the neck muscles while using technology devices

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Symptoms of Tech Neck



- Pain, stiffness or reduced mobility in your neck, upper back, shoulders, and even your low back
- Shoulder impingement
- Headaches
- Numbness or tingling down the arms
- Eye pain
- Joint clicking
- TMJ
- Overuse of elbow and wrist
- Loss of natural curves of your spine
- Chronic weakness and fatigue

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How to you prevent Tech Neck?



- Avoid looking down at your devices
- Hold or prop them at eye level
- Take frequent breaks from electronic devices and perform some stretches and exercises

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Self-Rebooting Exercises



- Deep Breathing
- Neck Circles
- Arm Overhead Raises
- Side Neck Stretch
- Levator Scapulae Stretch
- Font Neck Stretch
- Back Neck Stretch
- Chin Retraction

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Self-Rebooting Exercises



- Cat/Cow
- Shoulder Rolls and Scapular Retraction
- Side Bend Pose
- Seated Chair Twist
- Foot and Ankle Stretch
- Opposite Leg and Knee Lift- engage your core
- Jiggling/Self Rebounding
- Get up and move....

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Strengthening



This is also very important because after stretching the muscles that were short and weak, they now need to be strengthened

Side Note: Reminder that sometimes pain is not always where the problem is and you may be experiencing something called "Referred Pain"