

BIRDWELL CLINIC PHYSIOTHERAPY

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LAPTOP ADVICE TO PREVENT PAIN

Research has shown that a prolonged period of laptop usage is associated with upper limb and spinal problems.

What is the problem?

The screen and base are hinged together; therefore it is impossible to position the screen correctly in relation to the keyboard.

The screen is often too small and the image is not always as good. This results in people straining to see the screen and poor posture.

The keyboard is often too small for comfortable use, and the mouse pad means reaching over to get to the keyboard. Using the mouse pad instead of a separate mouse puts more strain on the wrist and arm.

The weight of carrying the laptop between locations can put strain on the back and neck, especially if carried in a bag on one shoulder.

Tips to prevent problems

Avoid using the laptop continuously as a substitute for a desk top computer. Only use it when necessary and for no more than an hour at a time.

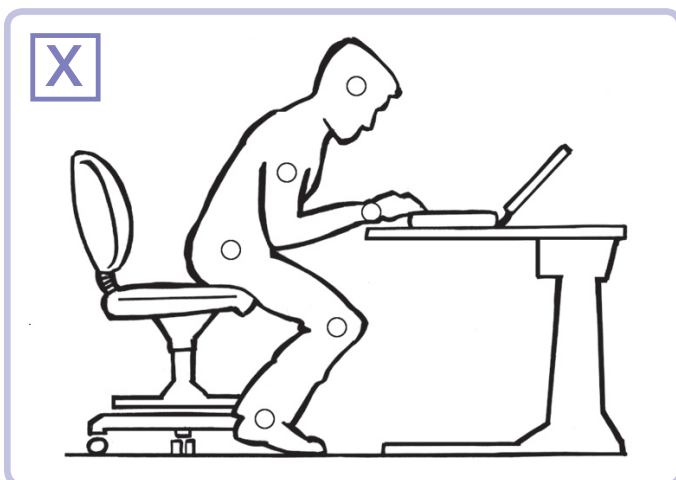
Place the laptop on a firm, stable surface, not resting it on your lap.

Take regular short breaks from looking at the screen and from typing. Move the neck from side to side and forwards and back, circle the shoulders and stretch the arms.

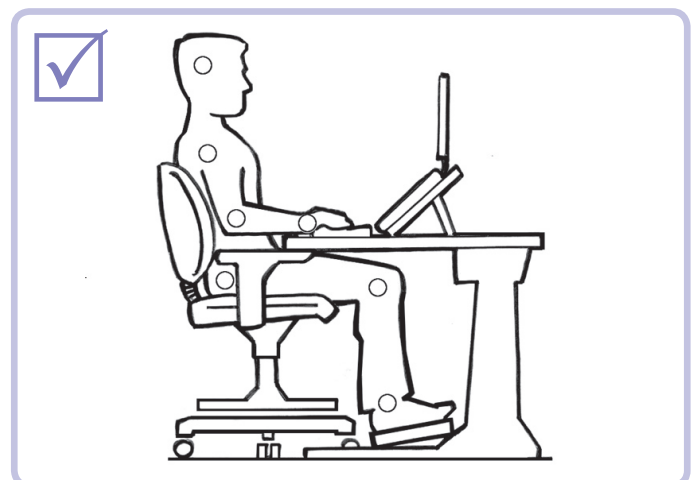
Wherever possible use a separate keyboard and mouse with the laptop. This will allow you to position them correctly to encourage a better posture.

Always use a plug in or docking station when available.

When carrying laptops keep the distance to a minimum, try to divide the load between both arms and where possible use a computer trolley or laptop rucksack.



Incorrect posture when using a laptop



Correct posture when using a laptop

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