



Piiiiifft - check out our challenge - 3 exercises of your choice for shoulders and neck every day.



## MAY - NECK AND SHOULDER

Neck and shoulder pain is a very common condition. A survey from Denmark shows that 49.6% of employed men have pain, while for women it is 65.5%. This presentation will cover what you can do in your daily life to prevent/avoid/alleviate neck and shoulder pain.

### 1 Adjust your desk correctly

- The desk should be adjusted so that your elbows are supported, approximately 90-degree angle at the elbow joint.
- If you are unsure, there are videos on our online video portal [GetUppPlay](#) about desk adjustment.

### 2 Think about your neck position

- Your head is heavy, about 8 kg, and the neck muscles constantly have to hold it. The more forward the head is, the heavier it is for the neck to hold. It's a bit like holding a cup of coffee with an outstretched arm, it is significantly heavier than if you hold it with a bent arm close to your body.
- In fact, the difference in load is twice as large in picture 2 compared to picture 1, meaning that the head weighs 16 kg instead of 8 kg - it could become heavy if it's a whole day.



### 3 Create movement

- Research has shown that even a few exercises in daily life can make a huge difference in preventing and treating neck and shoulder pain.
- Much of the day's movements occur in front of the body, so it makes a big difference to move the muscles on the back of the back and neck so that blood circulation improves and provides oxygen to the muscles and removes waste products from the tired muscles that work statically all day.
- Visit our online video portal [GetUppPlay](#) and try the monthly challenge with exercises for the neck. Which exercise is your favorite?