

FEBRUARY

• NECK AND SHOULDER

It's a common condition to experience neck and shoulder pain. There are things you can do to prevent these pains, and the most important is to move your neck in all directions.

Many of us spend a lot of time looking down, but we often forget to look up or pull our head back, so our head is in line with our spine.

In the quest for pain-free days, don't forget to sway your neck in all the ways!

You can prevent or reduce your pain by following these tips:

1

Regular movement and variety throughout the day.

- Incorporate movement throughout the day, like rolling your shoulders while on the phone, stretching your neck when getting coffee, and raising your desk while checking emails, etc.

2

Ergonomics.

- Raise your screen so you're looking straight ahead.
- Vary your working positions by switching between sitting and standing.
- And remember - the next posture is the best posture!

3

Stretching exercises

- Incorporate simple stretching exercises into your daily routine.
- Check out our 5 exercises for neck and shoulder, attached in this month's theme.
- Help yourself even when you're not in pain.

4

Be mindful of your neck's position.

- Your head is heavy, approximately 8 kg, and the neck muscles have to constantly support it. The more forward your head is, the heavier it becomes for the neck muscles to hold.
- In fact, the difference in load is twice as much in picture 2 compared to picture 1. That means your head weighs 16 kg instead of 8 kg.
- It can be quite a burden on your neck muscles if you're not mindful of it throughout the day..



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