Looking after yourself at home...

Using your phone or tablet:

Touchscreen devices such as smart phones and iPads have similar problems to laptop computers as they can lead to poor neck and arm postures. They should be used for short periods of time with regular breaks.

Regular play and exercise is essential:

- Children aged under 5 years should run/play for 180 minutes every day.
- Young people (5-18 yrs) should do a minimum of 60 minutes activity every day.

Testimonials

I had neck pain for several years on and off. I had physio at another clinic which helped for a while but then it came back. With Sarah she gave me tips on how to prevent the problem and gave me exercises I could do at home to help improve things more quickly. I now know how to avoid getting the symptoms in the first place - prevention is better than cure after all!

Emma, Deal

Have had ongoing neck problems following sporting injuries. Found Sarah friendly, professional and helpful. Exercises prescribed have made a huge difference to me, meaning I can take part in my usual sporting activities.

Tony, Broadstairs

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Every place of work should provide ergonomic surroundings...

A school is a place of work!

Choosing & Using Your School Bag

- Ensure your bag is appropriate for your age and size.
- Select a pack with padded shoulder straps.
- Avoid overloading your backpack. It should not weigh more than 10-15% of your own body weight.
- Load heaviest items closest to your back.
- Choose backpacks with several compartments.
- Consider a bag with wheels.
- Always wear both shoulder straps.
- Adjust shoulder straps so the bag fits snugly to the back.

Keyboard
Use a short keyboard so that your arm can be in a more neutral position.
Use keystrokes rather than the repetitive action of using the mouse, trackpad or joystick, which puts strain on the hands and wrists.

Desk
The desk should allow you to position the computer about an arm’s length way from you and be free from any obstructions so that you can sit close to the edge of the desk.
You should sit high enough to have your arms bent at 90° - parallel to the desk.

Monitor
The monitor should be approximately 2 –2½ feet from your eyes.

Mouse
Find a mouse that fits small hands.

Wellbeing Tips
- Blink often & move!!
- Limit computer use to 30 min at a time.

Chair
There are adjustable computer chairs for children, or you can use a cushion to support your back.

Footrest
Use a footrest, cushion or box to prevent your feet from dangling.

Laptops
Laptops are designed for convenience rather than comfort; because the screen height and keyboard position can’t be adjusted. Laptops may be more likely to cause pain and injury than desktop computers.
Raise the laptop up using a stand or a pile of books so that the top of the screen is at eye level. Use with a separate mouse and keyboard and it will prevent you from bending your neck and overreaching to type.