



Mobile Devices

People tend to bend their heads forward when they use laptops, iPads, tablets, and cellphones. Over time, that posture can put them at risk for chronic neck and shoulder pain. Cellphone users who write long blocks of text also are also stressing their thumbs, fingers, and hands.

Laptops

If you use a laptop for prolonged periods:

- Use a standard-sized keyboard and mouse with the laptop.
- Place the keyboard and mouse at a comfortable height on the work surface. (Your hands should be at or just below elbow height; wrists and forearms should be relatively straight, slightly above the keyboard.)
- Place the laptop on a platform or riser so that the display is at a comfortable height (the area of the screen that you look at most often should be about 15 degrees below eye level).



Laptop monitor

A laptop riser, including a stack of books, makes screen viewing more comfortable and allows for a standard-sized keyboard

iPads and tablets

- Use a cover that lets you adjust the device to a 45-degree angle.
- Use a Bluetooth keyboard if you need to type for prolonged periods.

Cellphones

- Use a Bluetooth headset so that you don't have to hold your phone up to your ear for prolonged periods.
- Avoid typing long blocks of text on your phone. Use a laptop or a desktop computer instead; they are more efficient and put less stress on your thumbs.
- Also, consider using the word prediction and voice recognition tools on mobile devices to compose short blocks of text.