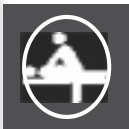


Chiropractic Care



Dr. LaVictoire

Correct Posture With Laptop Computers

Laptops may allow you to bring work with you but its usage can cause pain, such as a dagger like feeling between the shoulder blades. This is caused by hunching over the computers with poor body posture. After 30 minutes of use, the laptops increase neck, back, shoulder, wrist and eye strain.

Instead of hunching over, try to sit as you would at a desktop computer. Arms should hang relaxed from the shoulder with forearms nearly parallel to the floor. When possible use docking stations with full-size keyboards and monitors. You can raise the laptop off your lap with phone books, pillows, towels, etc. Change your position frequently and don't work reclining in bed because your head and neck are angled forward. Ask your chiropractor for more suggestions and, if necessary, have him provide gentle hands-on adjustments to restore spinal integrity and relieve pain.

*Brought to you as a
community service by:*

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