

STUDYING ... ESP FOR FOR EXAMS 8 TIPS TO FIGHT BAD POSTURE HABITS!

HERES HOW TO IMPROVE POSTURE AND AVOID MUSCLE FATIGUE SYMPTOMS SUCH AS HEADACHES, NECK OR BACK PAIN ... NOT BAD ADVICE FOR THE REST OF US TOO !



Many children and teenagers are spending hours studying at home, all too often putting their bodies in the bad positions by slouching at the desk, lying with laptops on the sofa or even studying in bed.

8 EASY TIPS FOR THE BEST POSTURE, READING, USING LAPTOPS AND PC'S:

1. Chair - Make them sit at a chair that provides good, solid back support, otherwise roll a towel and place it behind their low back/waist.
2. Legs - Their hips should be as far back in the chair as possible, with knees in equal height or slightly lower than hips. Adjust the height of chair (or desk) accordingly.



3. Arms - Adjust the chairs armrests, so their arms can rest gently on them without tensing the shoulders. Shoulders should be relaxed with elbows at a 90 degree angle and close to the waist.

4. Wrists - Ensure the wrists are maintained in a neutral position when typing or using the mouse. We advise to buy an inexpensive gel wrist support when using a separate mouse.

5. Screen - Ensure the screen is at eye height level. If the monitor is too low, take some books to rest the monitor the times your child will be typing less.

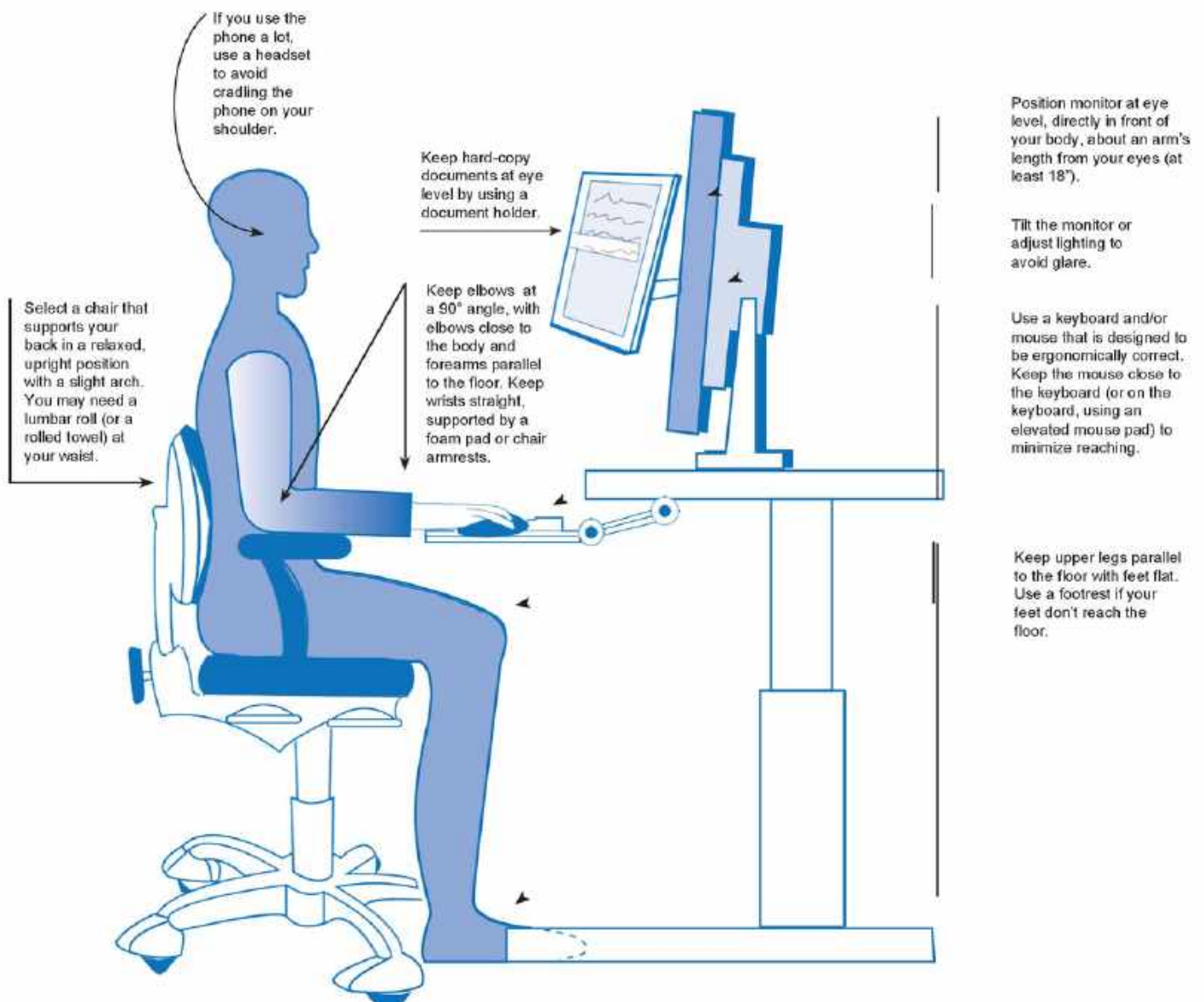
6. Set-up - Use a separate keyboard and mouse to improve their laptop setup. Laptops are not designed for prolonged use because the screen and keyboard are too close together. The best thing is to put your laptop on a stack of books and get a separate keyboard and mouse.



7. Mini breaks - It's important to take mental and physical breaks from study time. Take 5 minutes for every 45 minutes working. Ensure they get up and walk around at least every hour.

Arrange Your Workstation

Every time you work, take time to adjust workstations that aren't quite right in order to minimize awkward and frequently performed movements.



8. Exercises:

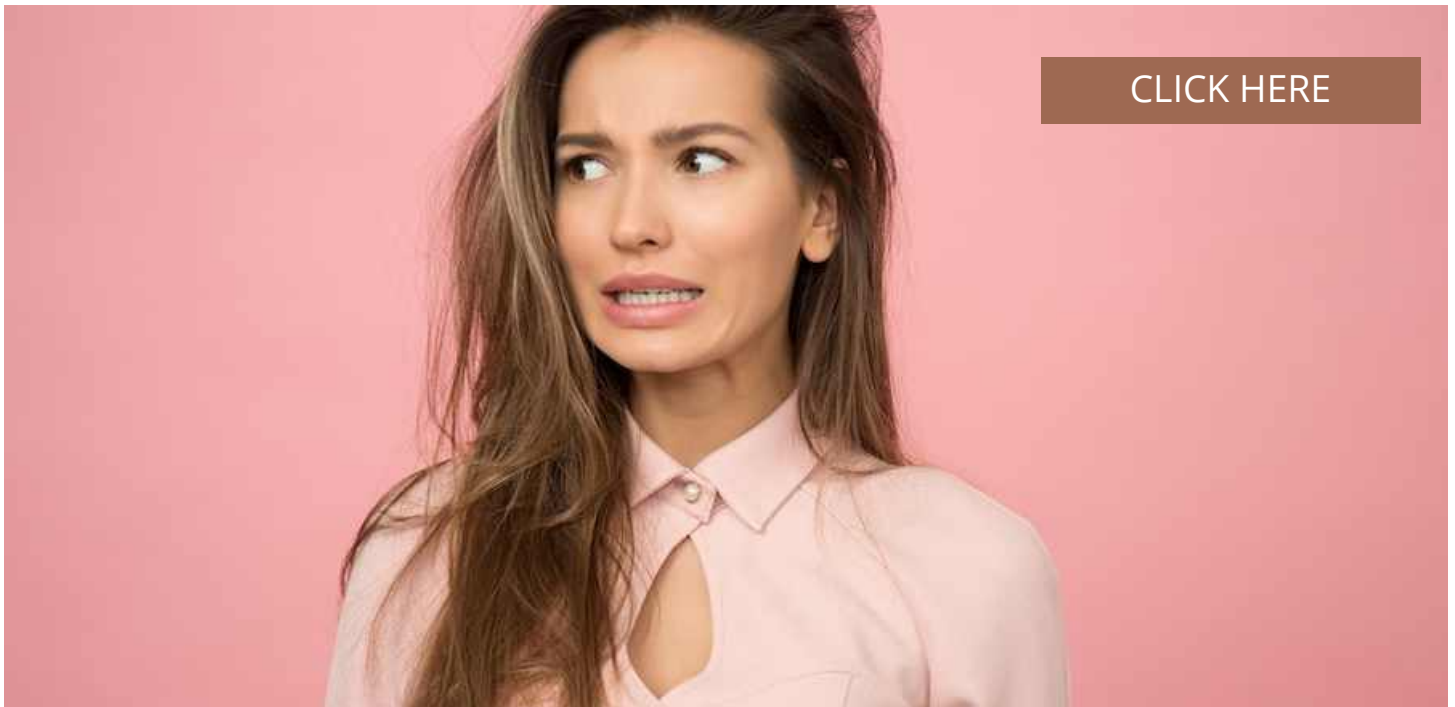
Chin Tuck: Slide chin inward, without bending neck up or down. Don't jam the chin down to the chest

Shoulder Squeeze: Raise the arms in front of body, with elbows bent and thumbs up. Pull elbows back, squeezing shoulder blades together. Hold for a few seconds then release.

Stretch Up: Sit up straight and imagine a rope attached to the top of your head to the ceiling. Gradually stretch to be as tall as possible, hold for a few seconds, then relax.

Close your eyes for a minute, refocusing away from the monitor at something in the distance, or rolling your eyes all around

Heres our popular PDF on neck exercises they can do as well



If you are at all worried about posture and discomfort why not arrange for one of our physios to help with some hands on treatment, advice and tailored exercises. They can also do an assessment of the work station set up and posture.

HINDMARSH PHYSIOTHERAPY & SPORTS INJURY CLINIC

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Exams are tough enough without the added stress of aches, pains, and poor posture slowing you down. If you (or your teenager) are struggling with headaches, neck or back pain, or general fatigue while studying, physiotherapy can make a real difference. Our team can help improve posture, reduce discomfort, and boost focus with safe, evidence-based strategies .

Don't let pain get in the way of learning – book an appointment with our physiotherapists today and set up for exam success.

As Physios, we provide extensive education as part of our management and prevention programs, but realize not everyone can find the time or have the confidence to make an appointment. You are welcome to download these informative E-books that you may find useful to get you on your way.

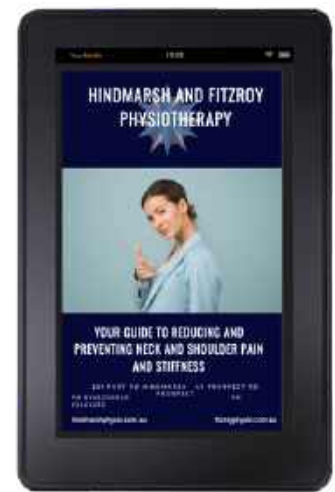
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