

WASHINGTON & JEFFERSON SPORTS MEDICINE

A NEWSLETTER FROM THE ATHLETIC TRAINING ROOM



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ONLINE CLASS ERGONOMICS

TIPS TO AVOID STRESS AND STRAIN

We are all spending more time on our computers these days, here are some tips on how to do it comfortably and safely:

1. Your laptop or monitor should be positioned straight in front of you. Keeping your laptop on your desk is probably too low, try placing your laptop on a stack of books to bring it up to eye level.
2. Keep your knees and elbows at 90 degrees to decrease the strain on your back and neck. Sitting properly, with your feet flat on the floor offers support to your spine. If you're short this might mean you need to use a stool or a book as a foot rest.
3. Don't forget to move: set a timer, move between lectures, or write it into your daily schedule but make sure you aren't just sitting in the same spot all day long!

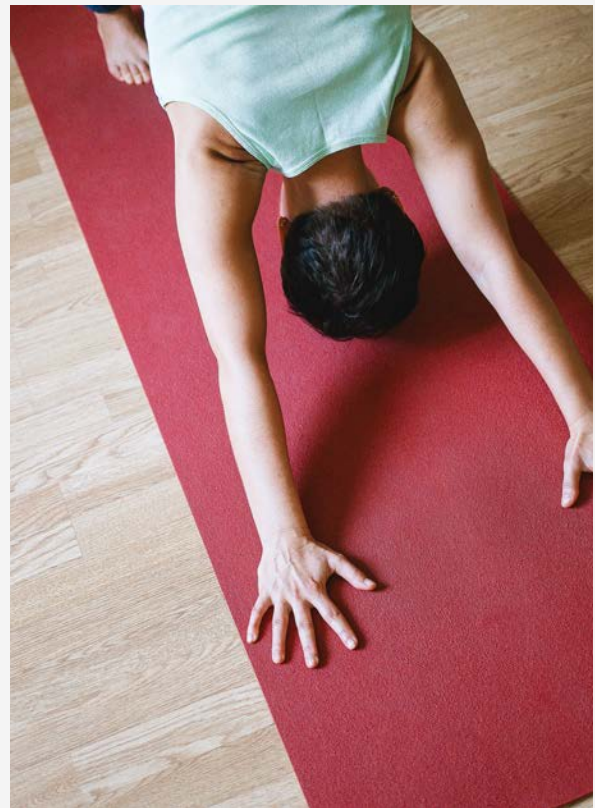
(<https://workingfromhomeinsider.com/why-are-home-office-ergonomics-so-important/>)

NECK AND SHOULDER MOBILITY TIPS

DON'T LET STARING AT YOUR COMPUTER ALL DAY CAUSE YOU PAIN.

Do you feel tight in your neck and shoulders from spending time on your computer for your online classes? Even after implementing all the ergonomic tips above, you can still find yourself suffering neck and back strain. **Take a break from your computer and try this shoulder mobility routine.** Hunching over a computer all day can stress your neck, shoulder, and upper back but 10 reps of these 6 movements can help you focus on class not your neck pain.

Laptops aren't known for their ergonomic keyboards. Below are 9 simple stretches for your necks and wrists. Add these into your daily routine to avoid neck and wrist strain.



FEELING STRESSED?

TRY THE HEADSPACE APP

Headspace is a guided meditation app developed to help you feel less stressed, increase focus and even sleep better. Headspace has a collection of free meditations and mindfulness exercises for you. If you're having trouble focusing on your online class work or your sleep schedule is completely thrown off, take a few minutes and try one of Headspace's guided meditations!

[Click here](#) for helpful tips on managing Coronavirus concerns from W&J's Student Health and Counseling Center.



WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time. Video # VVHCXREZJ

Repeat 2 Times
Complete 1 Set

Hold 20 Seconds
Perform 1 Times a Day



WRIST FLEXOR STRETCH

Use your unaffected hand to bend the affected wrist up as shown.

Keep the elbow straight on the affected side the entire time. Video # VVNUN4TAS

Repeat 2 Times
Complete 1 Set

Hold 20 Seconds
Perform 1 Times a Day



Prayer Stretch

Press palms together.

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day

REVERSE PRAYER STRETCH

Place the back of your hands together to stretch the wrist as shown.

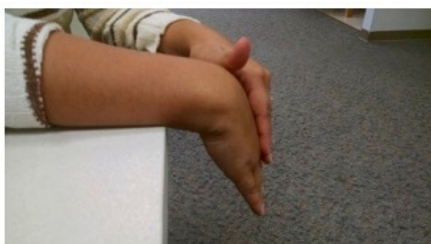


Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



prom wrist flexion

rest your forearm on the edge of a table, palm facing down. Now use your other hand to bend your wrist down towards the floor until you feel a stretch. Hold for 30 seconds, repeat 5 times, 3 times a day.

Repeat 3 Times

Hold 20 Seconds

Complete 1 Set

Perform 1 Times a Day

UPPER TRAP STRETCH - HOLDING CHAIR

While sitting in a chair, hold the seat with one hand and bend your head towards the opposite side for a gentle stretch to the side of the neck. Video # VVNKH9NK6



Repeat 6 Times

Hold 8 Seconds

Complete 2 Sets

Perform 1 Times a Day



RHOMBOID AND MIDDLE TRAP STRETCH - CLASPED HAND

Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.

NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back. Video # VVMVPQX76

Repeat 6 Times

Hold 8 Seconds

Complete 2 Sets

Perform 1 Times a Day



DEEP ANTERIOR NECK FLEXOR STRETCH - HANDS ON CHEST

Place your hands overlapping on your breast bone. Next, tilt you head upwards and away from the affected side until a gentle stretch is felt along the front and side of your neck. Video # VVE8SAYYT

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



90 degree Pec stretch

Step into doorway with one foot in front of other. Elbows even with shoulders, use hips to push forward into doorway.

Repeat 3 Times

Hold 30 Seconds

Complete 2 Sets

Perform 10 Times a Day