

Laptops are popular because of their portability. However, you may experience pain if you use them for extended periods of time. A few adjustments can greatly reduce the risk of injury.

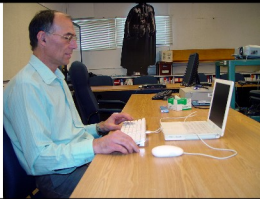
It is accurate to say that a laptop is not ergonomically correct. The chin is tilted down and the arms are squeezed very close together. Both postures increase the stress on the shoulders, upper back and neck.



The use of an external keyboard will help to free the user from constraining shoulder postures.



Adding a mouse will also help to free the user from constraining shoulder postures and will reduce deviations from the neutral wrist posture



Finally, placing the laptop on top of a box or some phone books will help free the user from the head down flexion posture which places the vertebrae in a non-neutral position causing neck pain.

