



Laptops and Our Posture

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Many of you are probably reading this article from your laptop. Perhaps you are cozied up in a nice chair at the coffee shop, sitting on the couch shoulders hunched over, or laying in bed on your stomach with your neck extended back. Well you are not alone!

Unfortunately these habits have given rise to an increase of neck and back pain due to these poor postures!

So what can you do to help alleviate some of these habits? Consider first your posture when you are using your laptop. Proper body alignment is key! Your head, neck and shoulders be in a neutral position with elbows at your sides. Think of the ears and shoulders in an even line as if someone is pulling you up on a string from the top of your head. If you sit more than 8 hours a day in front of a laptop consider using a laptop stand that will allow you to stand for a period of time and increase body awareness and decrease pain in the neck and back. Always find time to stretch throughout the day. Make a conscious effort when you are headed for a coffee break or restroom break to stretch the neck, shoulders and low back. Your body with thank you for it! Lastly if you carry your laptop a lot, make sure that you are keeping that bag as light as possible, using the bag for the laptop only. Switching your bag from shoulder to shoulder will help or consider using a back pack and making sure you are using both straps on your shoulders to maintain an even distribution of weight.

With these few simple tips you should be able to form better posture habits and decrease pain in your neck and back while using your laptop.