

Hello,

Thank you for visiting our new website and Blog! I have worked in the ergonomics field for 15+ years and I am really looking forward to sharing my resources, ergonomic tips and thoughts regarding healthy computing. If you are experiencing ergonomic issues that you have been unable to resolve, feel free to submit your questions on this blog site. I am constantly researching new solutions and will certainly try to guide you to the proper resources, whether it be educational, instructional or product related. Your feedback and opinions are very much appreciated.

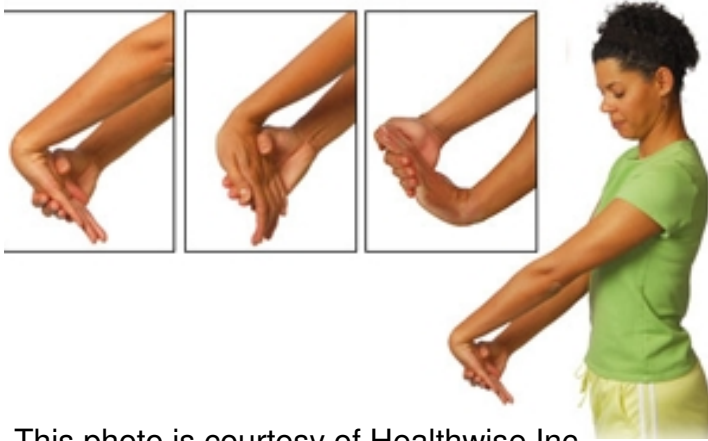
Tip of the Week: Give your hands, wrists and arms a break even while viewing your monitor. If you're not keyboarding or using the mouse this is also a good opportunity to do some simple and easy stretches or maybe shake them out a little to get the blood flow back. Here are some sample exercises that we recommend. If you have any that you really like, I'd love to hear from you.

DO NOT

- bounce, or use jerky motions
- stretch till it hurts

DO

- breathe deeply and relax
- extend till you feel a comfortable stretch
- move smoothly and slowly



This photo is courtesy of Healthwise Inc.