



Welcome to All Care Physiotherapy News. We are here to help you, so if you have any feedback or requests for future articles, please feel free to contact us via email or directly at our clinic.

TECHNOLOGY AND PAIN

With the recent advances in technology, there are a multitude of new digital toys on the market that have captured our undivided attention. Fun as these little gadgets are, there are some hidden dangers and potential problems for users. We need to take care not to overdo it and make sure that we are not putting our bodies at risk.



the information comfortably. Your body adjusts to the lower screen by slouching the trunk and poking the chin out resulting in increased curves in the neck and back. Prolonged poor postures will lead to increased stress on your spine and pain.

Laptops

The portability of a laptop is a great advantage and these gadgets are getting smaller and smaller. However hunching over a laptop can lead to a stooped posture resulting in increased stress on the joints and muscles of the neck and back.

Most people use the laptop on the desk resulting in the screen being much lower than your eyes. Your eyes need to have the screen at a certain angle to read

Tips to better posture

- Sit up tall regularly and grow tall through the top of the head.
- Use a laptop riser or invest in an external monitor.
- Have frequent breaks to stand up or stretch after 30 to 60 minutes.
- Use a red dot on the screen or set the alarm

ALL CARE TEAM

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POINTS OF INTEREST

Our Clinic provides:

- On-the-spot Health Fund rebates.
- Up to 2 hrs free parking in Brisbane Private Hospital and Specialist Centre Car Parks only (if available) by presenting parking ticket to receptionist for validation.





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Services Provided

Spinal care
Joint care
Muscle care
Sports care
Work care
Orthopaedic care

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on the laptop to remind you to change your posture regularly.

Mobile phones

Mobile phones are a part of modern life. We use these to communicate with others both at work and home. They can be a danger to your neck if you are supporting them between your neck and shoulder. So make sure you tuck your chin in and keep your head straight. If you need to type or write whilst using the mobile consider investing in a Bluetooth earpiece. Texting is a cheap way to get your message to others. However sustained neck bending to text causing neck stress or overuse of the thumb tendons is very common. So limit texting to short periods to keep your neck and thumbs healthy!

Play station

Play stations can cause the same problems as laptops. Make sure your mind your posture while you are saving the world from destruction.

So if you are unlucky enough to suffer an injury from modern technology then make sure you make an appointment to see our physios to get you back to the health you deserve!

Or better still don't wait for an injury. Come in for a proper postural assessment today.

Please let us know if you do **NOT** wish to receive our newsletter. If you have any ideas for articles, please email us at all_care@tpg.com.au and attention it "Newsletter Editor"

We would like to welcome Wendy Harris to the team at All Care Physiotherapy. Wendy is our new fulltime receptionist.