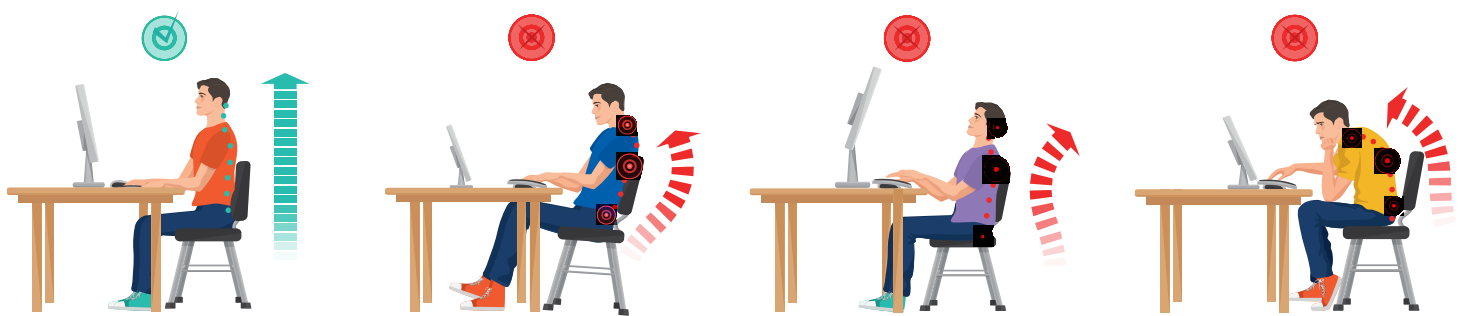


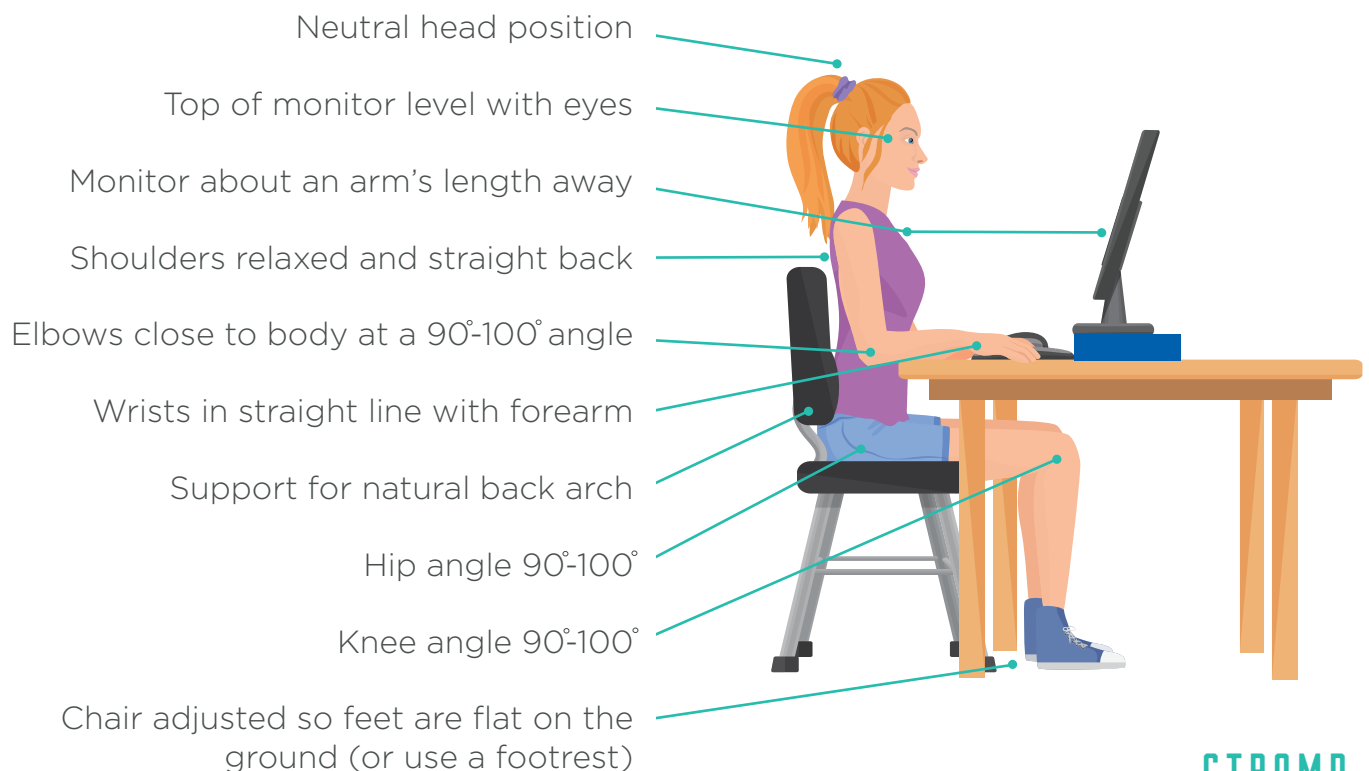
POSTURE TIPS FOR CHILDREN & TEENS

Children now spend more time in front of screens than ever before, resulting in a significant uptick in back pain. CTPO would like to help set up your child for success.

The tips below will help your child make adaptations to their computer spaces, so they are able to spend more time learning and less time distracted by pain.



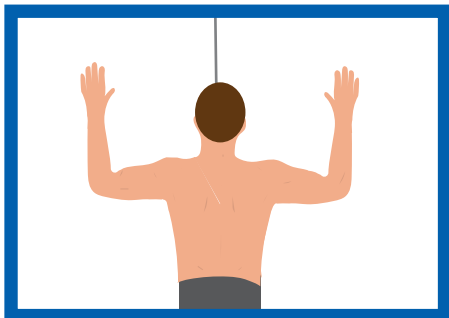
PROPER DESKTOP POSITION



WORKING ON A TABLET OR LAPTOP



- Elevate laptop or tablet to eye level using a stand or books
- Bring it close enough to see without tilting the head forward
- Use an external keyboard and mouse
- Support neutral wrist position with arm rests or cushions as needed
- Try to use natural lighting to prevent eyestrain
- Drink water consistently throughout the day and take movement breaks every 30-45 minutes



CORNER PECTORAL STRETCH

Position yourself in a corner of a room to perform this stretch. The shoulders and elbows are positioned at a 90 degree right angle. Lean your body weight forward to bring your chest bone towards the seam of the wall until a gentle stretch is felt across the chest and shoulders.

Before and after extended sitting:

Hold this position for **30 seconds**. Relax and repeat **3 times**.



WALL ANGEL WINGS

Stand with your back flat against the wall by walking your feet away from the wall and tucking your hips under by bending at the knees slightly. Place your elbows and pinkies on the wall overhead. Move your hands straight up on the wall slowly without letting your back arch or ribs lift and keeping the back of your head touching the wall. Return to the starting position.

After the Corner Pectoral Stretch:

Perform this exercise for **30 seconds**. Relax and repeat **3-4 times**.