

- **Treatment methods**

- * Chiropractic
- * Myofascial release / deep tissue massage
- * Therapeutic exercises
- * Surgery
- * Cortisone injection

- **Self maintenance**

- * Frequent breaks
- * Stretch and exercises
- * Know when to see a doctor

Proper exercises and stretch is able to decrease your symptoms. However if the symptoms persisted for more than 2 weeks or worsen, treatments would be needed to prevent it becoming a chronic condition.

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Cupertino Wellness
CHIROPRACTIC

Workstation Ergonomics and Injury Prevention

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◆ Preventing injury from computer use

- * Maintain a proper posture
- * Prevent prolonged repetitive movement
- * Ergonomically correct workstation
- * Frequent stretch

◆ Ideal ergonomic workstation

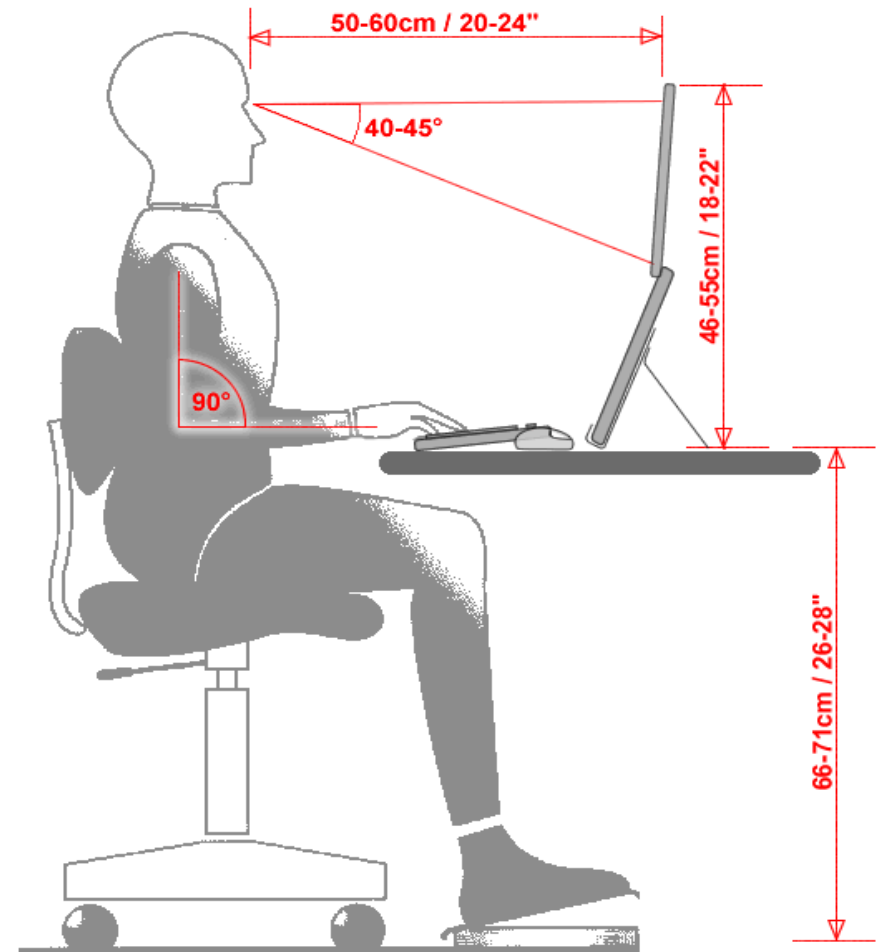
- * Proper chair and chair height
- * Proper monitor placement
- * Proper keyboard position
- * Suitable mouse and mouse pad
- * Sufficient lighting

◆ Common injured area

Hand, fingers, wrist, elbow, shoulder, upper back, and eyes et al.

◆ Commonly seen conditions

Carpel tunnel syndrome tendonitis, chronic back pain, and eye fatigue.



Maintaining a correct, natural position allows your head, neck, shoulder and back to be more relaxed while working.