



Telephone

Overview

Most people are surprised to learn that misusing the telephone can lead to shoulder and neck pain. Yet if you're like most, you probably occasionally cradle the telephone between your head and a hunched shoulder, talking and typing simultaneously - a sure-fire prescription for pain. Below are tips for using and positioning your telephone to help reduce the likelihood of experiencing discomfort.



3. Consider using a headset.

This allows hands-free phone conversations and eliminates the risk of any