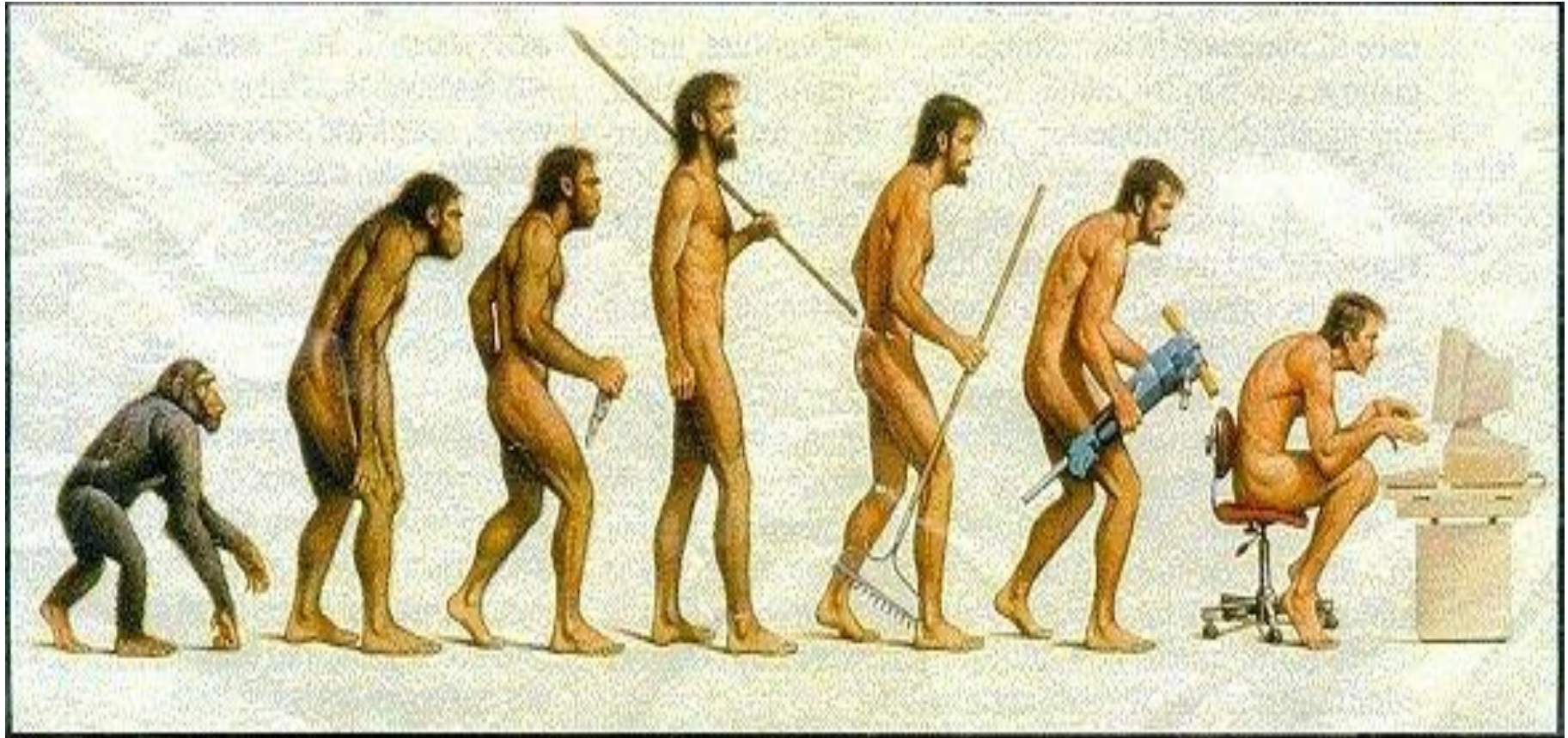




SYMPTOMS IN NECK AND SHOULDERS WHILE STUDYING?



PHYSIOTHERAPIST EMMA SILVENNOINEN



Somewhere, something went terribly wrong



- Exercise is good for you. There's plenty you can do for your well-being. Varying your working positions, and maintaining a strong and healthy body and a relaxed mind help you to live your daily life.
- On the FSHS website the "Health information" section provides you with exercises and tips to take care of your well-being and deal with your complaints.



Treat and rehabilitate

- Most complaints due to strain and repetitive working positions will improve with appropriate treatment and rehabilitation.
- By looking after your muscle strength and mobility, you can prevent the most common complaints among students such as neck and shoulder pain and lower back pain.
- The instructions and exercises in the “Treat and rehabilitate” section are intended for self-care and the prevention of these types of complaints:

<https://www.yths.fi/en/health-information/exercise-and-ergonomy/care-and-rehabilitation/>



Breathe and relax

- Very often your body will begin to react to stress and busy schedules with pain and muscle tension. Regular breathing and relaxation exercises may help you to relax and focus.



Posture and working positions

- Varying your working positions, maintaining a good posture and taking breaks during studying will help you to cope and feel good.
- The attached videos and booklets provide tips on how to influence the load on your body by adopting different working positions and explain how to take breaks from sitting:

<https://www.yths.fi/en/health-information/exercise-and-ergonomy/take-control-of-your-posture-and-working-positions/>

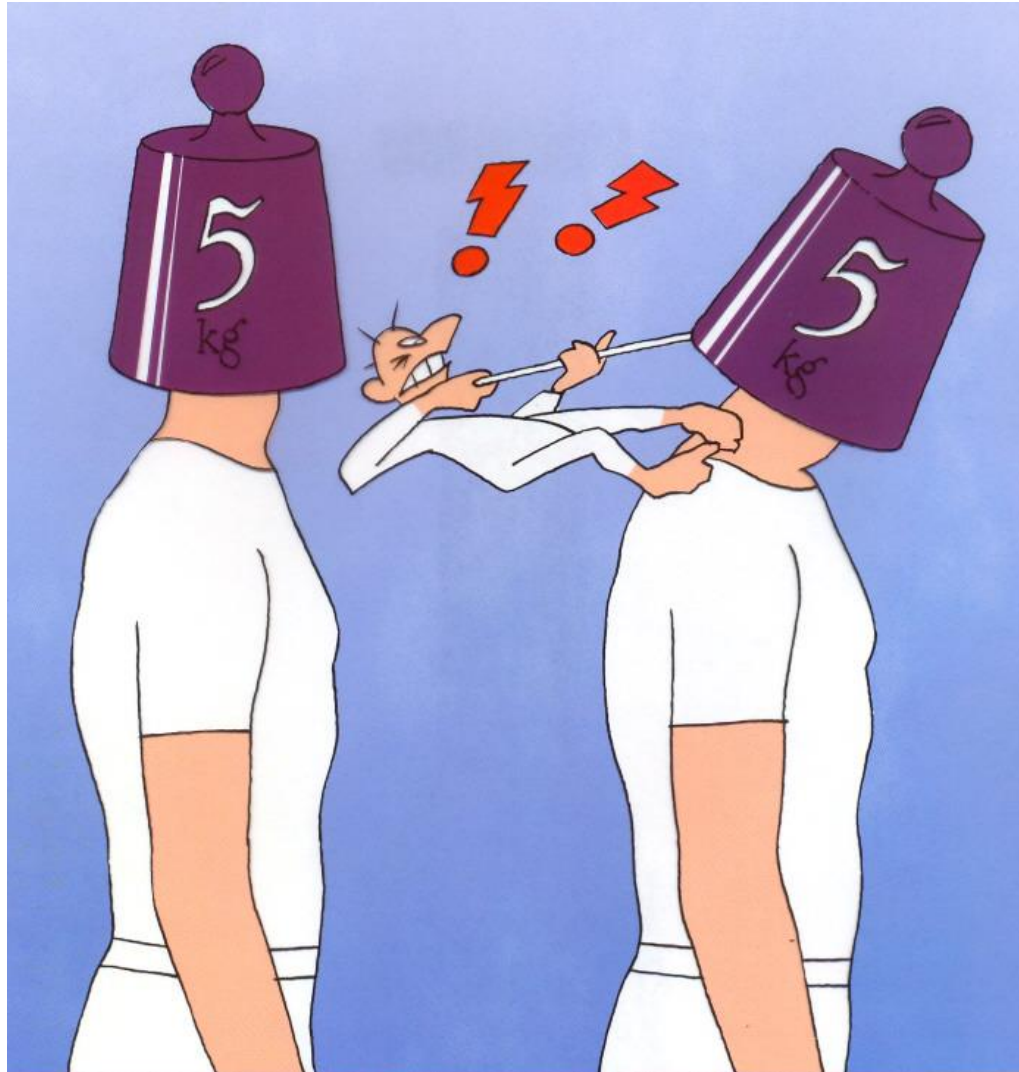


Heads up!

- Do you have pain in the neck and upper back? Do you suffer from headache? Do you grind your teeth?
- If you said yes, you are not alone – very many students have same kind of symptoms.
 - One in every three students experience weekly symptoms in the neck and shoulder region as well as the upper back. Some also suffer from headache.
 - Third of students reported teeth grinding.
 - One in four experience weekly head pain in the temple, jaw joints, face or jaws.



Heads up!





Are you carrying thirty extra kilos on your neck?

- When using smart devices, people tend to bow their heads. Depending on the position of the head, this can place extra weight (equivalent to that of a big dog) on the vertebrae of the cervical spine. The position may result in pain in the neck and upper back, headache, tension in the masticatory muscles and skull base muscles, pain and numbness in the arms and degenerative changes in the cervical spine.

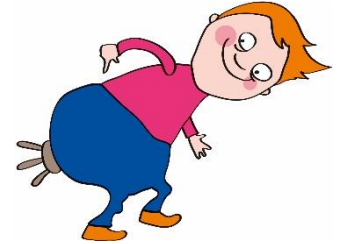


When using smart devices, this is how to avoid neck tension:

- Take breaks from sitting and stand up a few times an hour
- Avoid using smart devices for lengthy periods and opt for voice messages every now and then
- Lift your head up several times an hour and correct your posture by stretching your chest
- Exercise regularly – not just at weekends but during the week too
- Breathe deeply a few times an hour so that you feel your chest expand
- Take drink breaks
- Meet people and friends face to face, not just on your screen
- Vary your working positions: remember that the best position is the next one



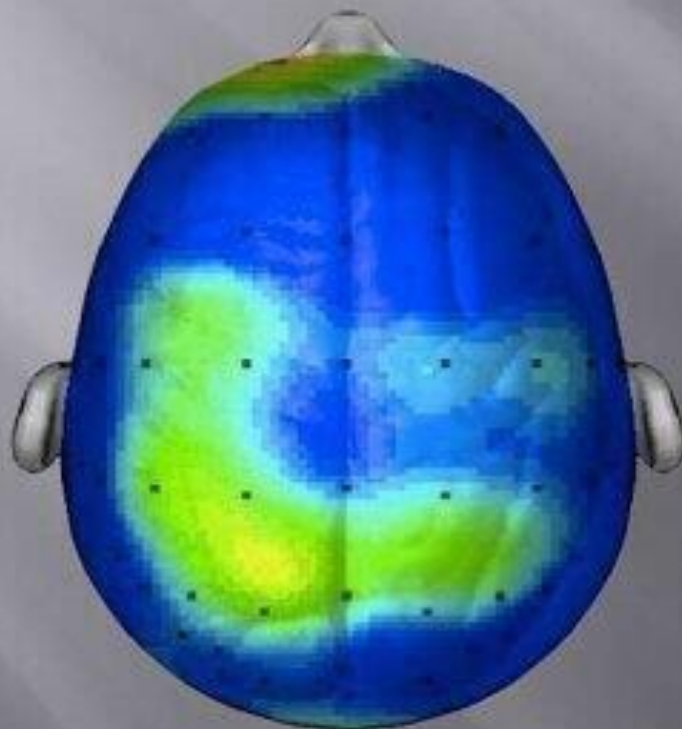
How many hours you sit in a day?



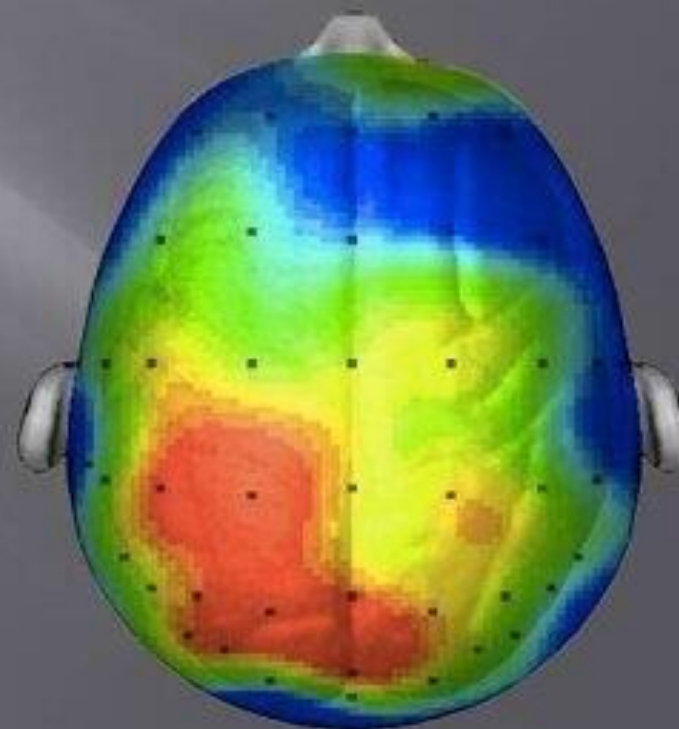
- Studies show that over 6-8 hours sitting per day is a health risk **despite exercise.**



BRAIN AFTER SITTING
QUIETLY



BRAIN AFTER 20 MINUTE
WALK



Research/scan compliments of Dr. Chuck Hillman University of Illinois



Immediately, when you sit

- Your metabolism slow down
- Body energy consumption lower
- For your healthy, it's more important to reduce staying still than to exercise daily.



When you stand up

- Your metabolism improves
- Your back and neck are feeling better
- Standing is good for your brain also

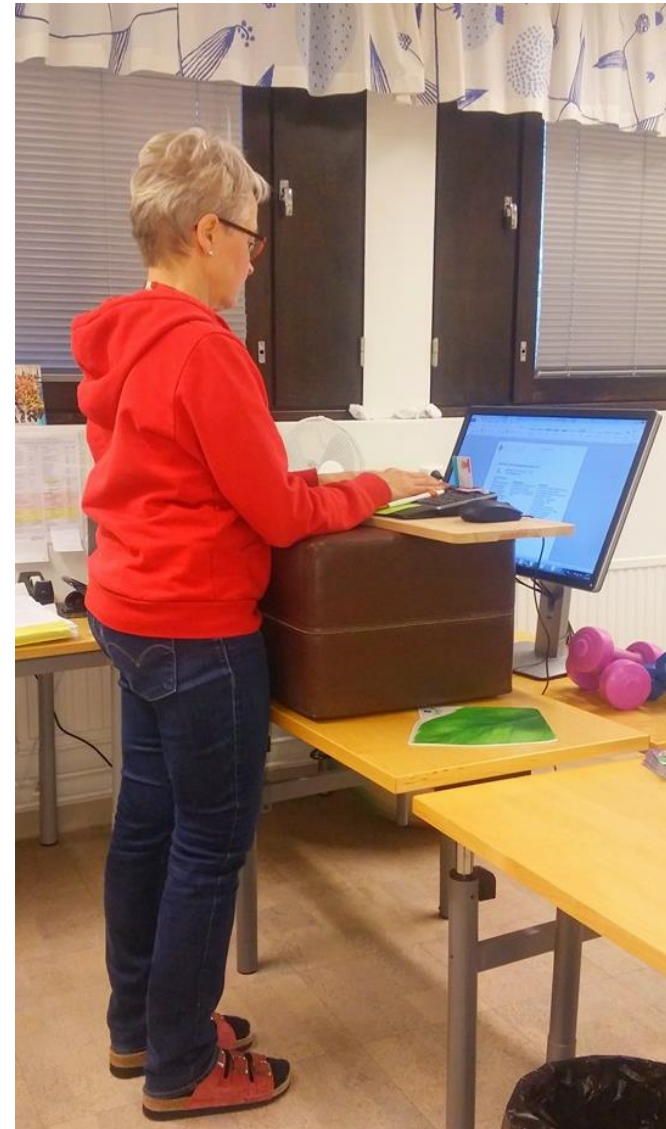


- Stand up two times in an hour, also when watching TV
- Increase the effect of standing by walking, exercise or stretching
 - Have a lunch or coffee break in standing position
 - Use stairs



You can work in standing position also!

COLOURBOX.COM











Vary your working positions
many times in an hour!



Try daily workout with weights

- You will have symptomless neck and shoulders
- You can find it:
 - Youtube → punttijumppa YTHS
 - <https://www.youtube.com/watch?v=Hj-A9vwVmNw>



Have a nice study time!

