

iPad pain

When your iPad or other tablet causes pain in the neck and shoulders —

- Use a case that positions the device at a comfortable viewing angle.
- Routinely shift hands and weight. Stand up if seated, or sit down if standing.

When using a laptop or desktop computer, follow the same tips for a tablet plus:

- Use an external keyboard.
- Keep shoulders relaxed and elbows close to the body.
- Keep hands, wrists, forearms, and thighs parallel to the floor.
- Take a break and change position every 15 minutes.

Holding a tablet computer too low, say on the lap, forces the neck to bend forward too much, straining and possibly even injuring muscles, nerves, tendons, ligaments, or spinal discs. Simply placing a tablet on a table propped at an angle in a tablet case can reduce neck strain and potential pain, according to research conducted at the Harvard School of Public Health.

