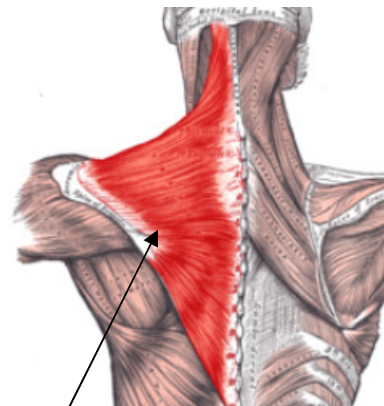
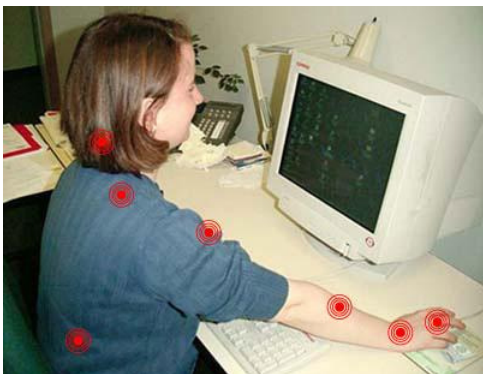


Right-sided neck pain

One of the most common computer related pain syndromes we see in our office is pain and tightness of the right side of the neck into the shoulder. There can be many causes of neck and shoulder pain, but for the purpose of this article we will limit our discussion to the myofascial pain syndrome caused by the use of a mouse on the right side of the computer workstation. Don't get me wrong, we do see plenty of left sided neck and shoulder symptoms as well for various reasons.

When people use the mouse there is a tendency for the right shoulder to shrug upwards just a bit due to the height of the desk in relation to the chair. When this occurs, the right upper trapezius musculature is consistently being worked and fatigued. This produces over-use strain of that muscle group. If you use the mouse occasionally this probably won't cause any pain, but with repetitive usage like many of our desk workers today, the end result could be pain and tightness of the right side of the neck into the shoulder.

Correction of this problem starts with ergonomic adjustments to your chair and desk. Your chair should be elevated so that you can easily relax your right arm onto the desk without having to shrug upwards to do so. From there, proper sitting posture and shoulder relaxation should be maintained. Regular stretching and postural exercises should also be performed at the desk and/or at home. If the pain is currently present, Active Release Technique, Chiropractic care and a corrective exercises/stretching program should get you on the road to recovery.



Trapezius