

هیچ کس مصون نیست...

بدون هیچگونه توضیح فقط این تصاویر را ببینید:





Floding the neck and head to look at a PDA in the lap requires isometric contraction of neck extensor muscles to hold the head in an imbalanced posture.

Bringing the PDA up to eye level relieves the stress on the neck. Note: It's important for the (upper) arm to be relaxed.

