

電子學習與姿勢（骨架）

E-learning and body posture

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今日會講啲乜

- * 用電話或電腦（包括平板電腦）時的常見錯誤姿勢
- * 長期用以上儀器嘅痛症
- * 如何改善錯誤姿勢（人體工效學）
- * “自”療運動
- * 仲有答問環節（希望足夠時間啦）

BB嘅姿勢仲好過大人！

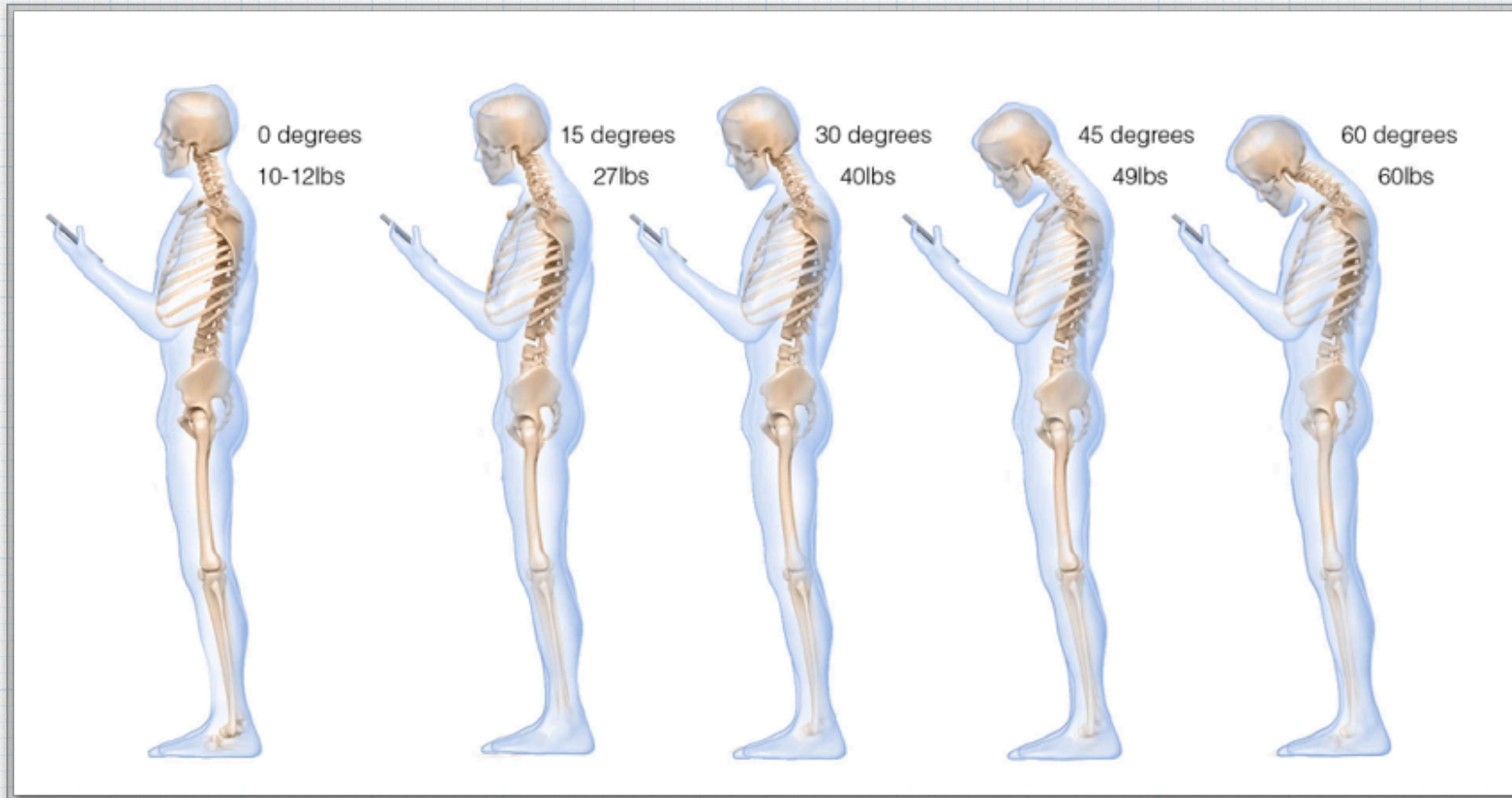


我哋大人反而要學返好似佢咁坐或者磚

乜嘢係E-learning

- 電腦
- 平板電腦
- 光碟
- 互聯網
- 手提電話

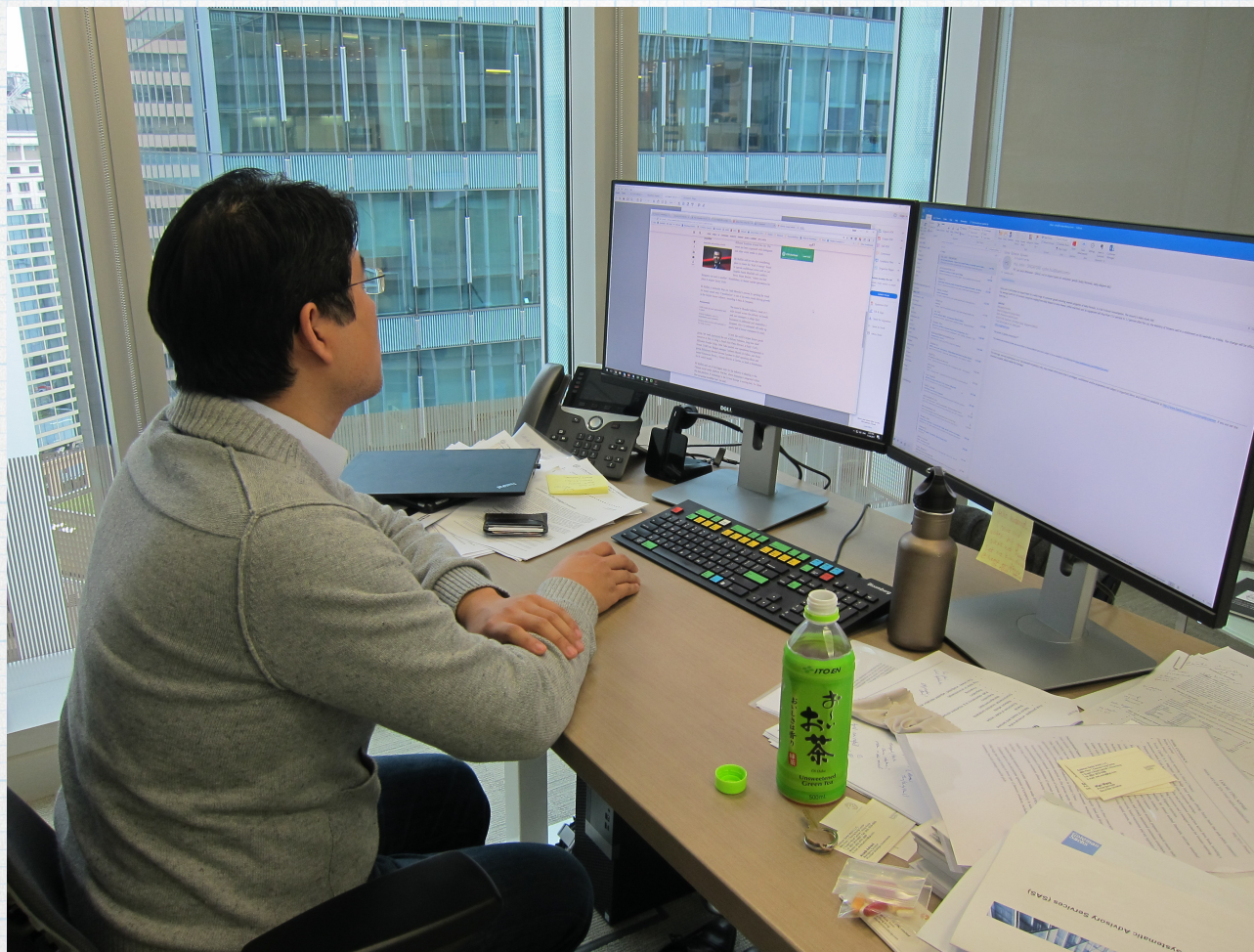
雖然方便，但好似有問題



然後我哋就多咗頸痛膊頭痛，手痺……

"Text Neck"

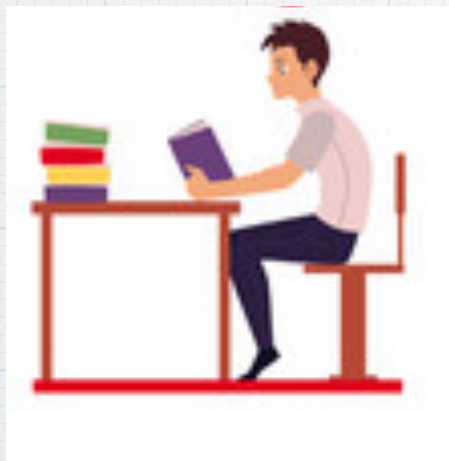
其實成年人都係咁



以上嘅症狀都同“骨架”有關

“既然係咁，不如唔好用**e-learning**咪得囉。”

其實唔用E-learning係唔係有問題？

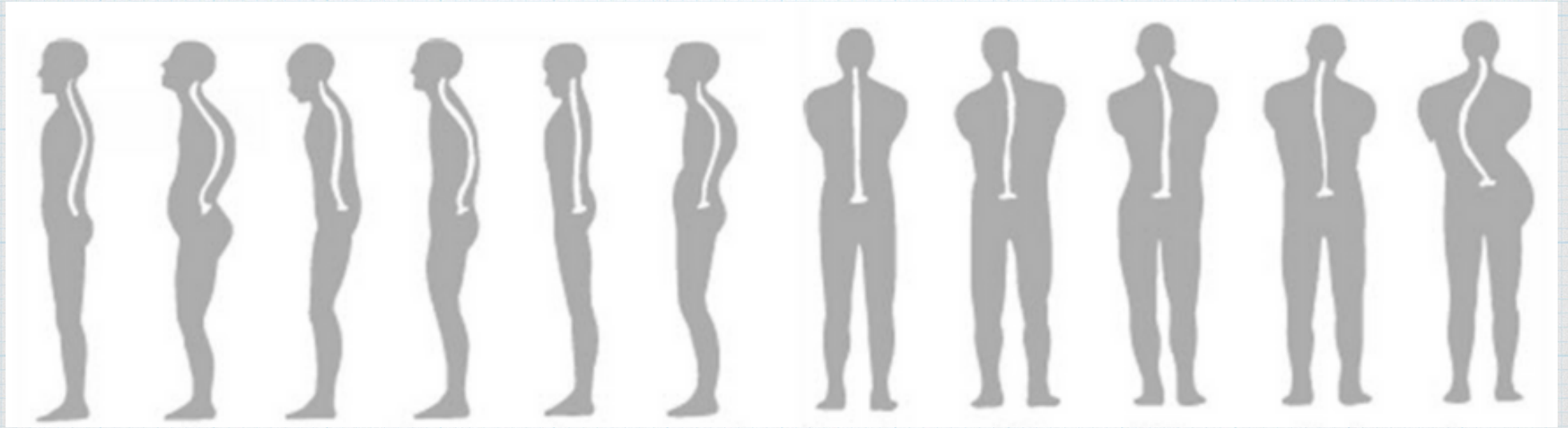


其實係可以一樣咁衰



圖片來源

<https://www.theottoolbox.com/2016/10/Chair-Posture-While-Writing-Slouched-handwriting.html>



結論係：你點樣用啲工具

常見嘅痛位

眼痛

頭痛

手指痛

頸痛

背脊痛

膊頭痛

腰痛

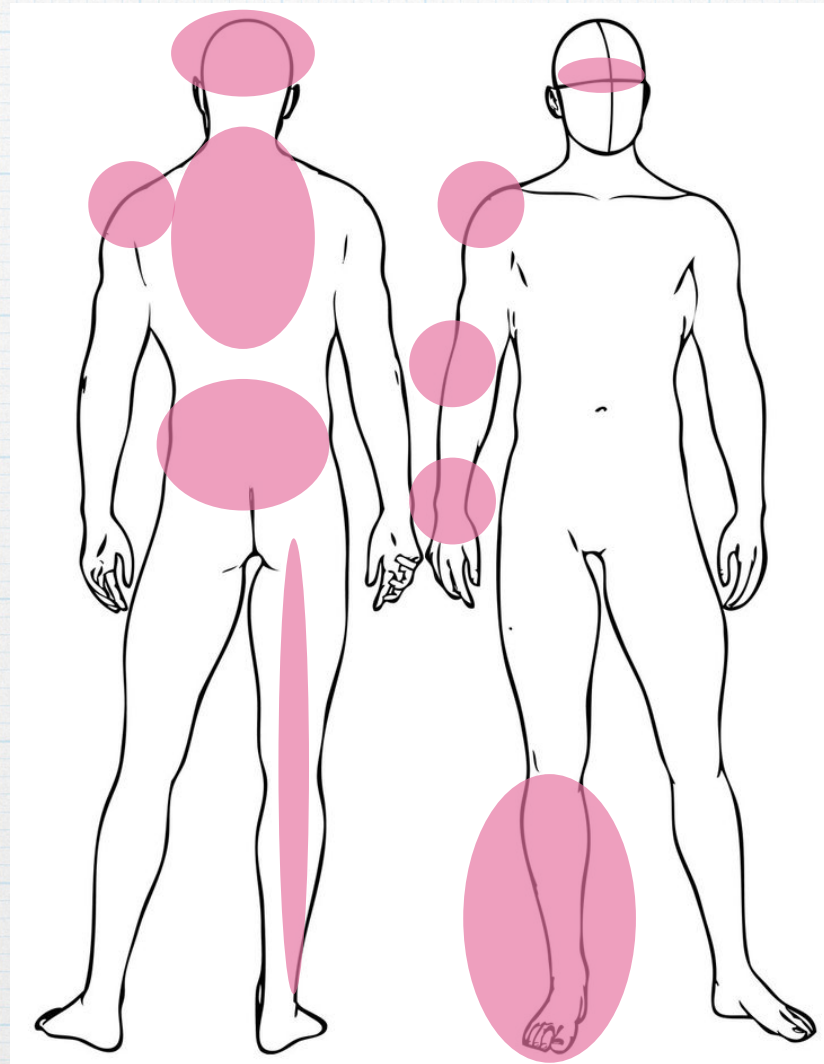
網球手

椎間盤突出

腕管綜合症

坐骨神經痛

腳腫



工欲善其事
必先利其器

做人：行得正，坐得正，冇冇怕

點做？

- * 非常簡單
- * 只需要跟基本概念就得，啱係用最慳力的放法去做同一件事

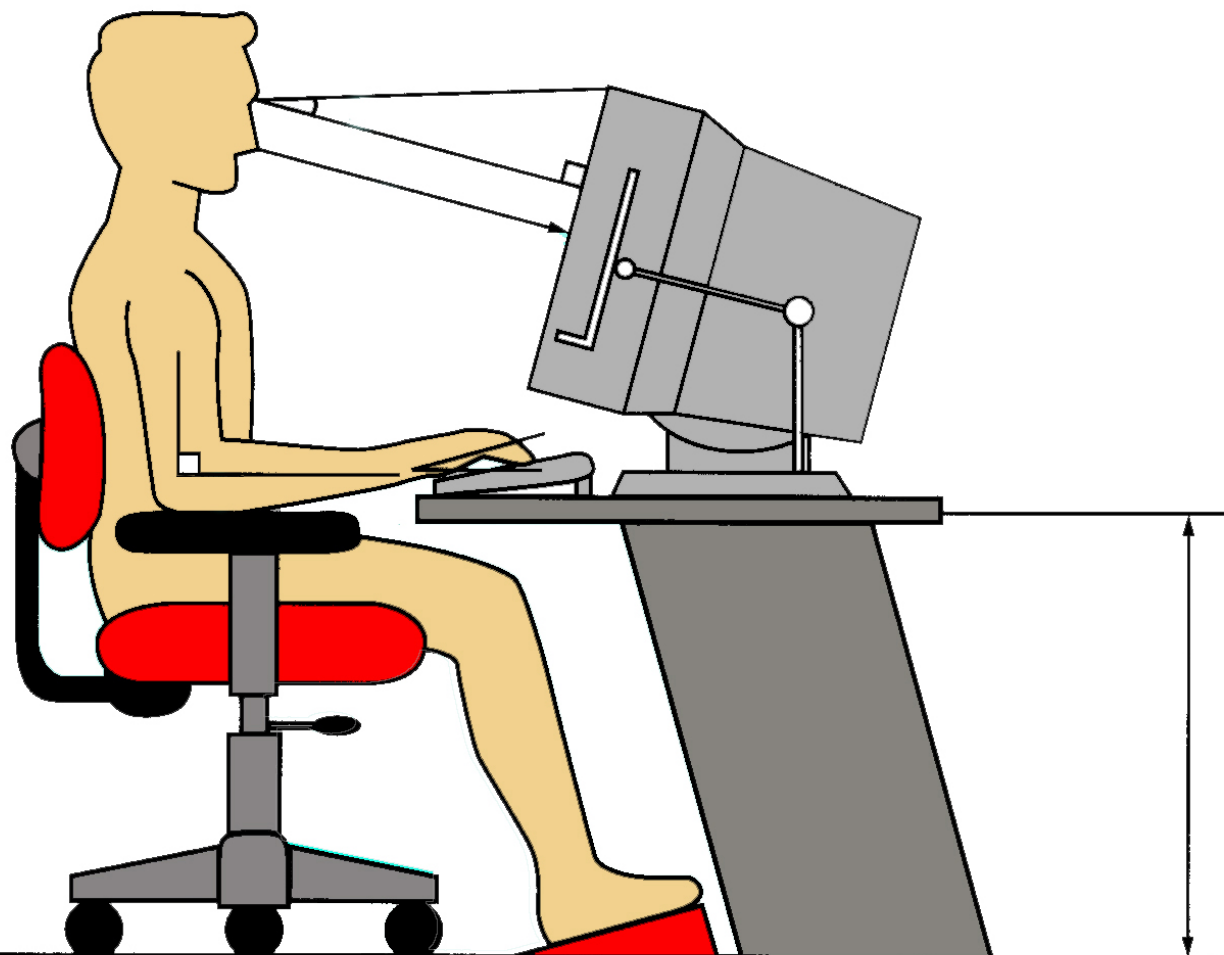
基本概念

- * 1. 人要直 (坐又好, 企又好)
- * 2. 要盡量耐唔耐轉一轉姿勢
- * 3. 換吓位置

呢個圖都唔係啱晒



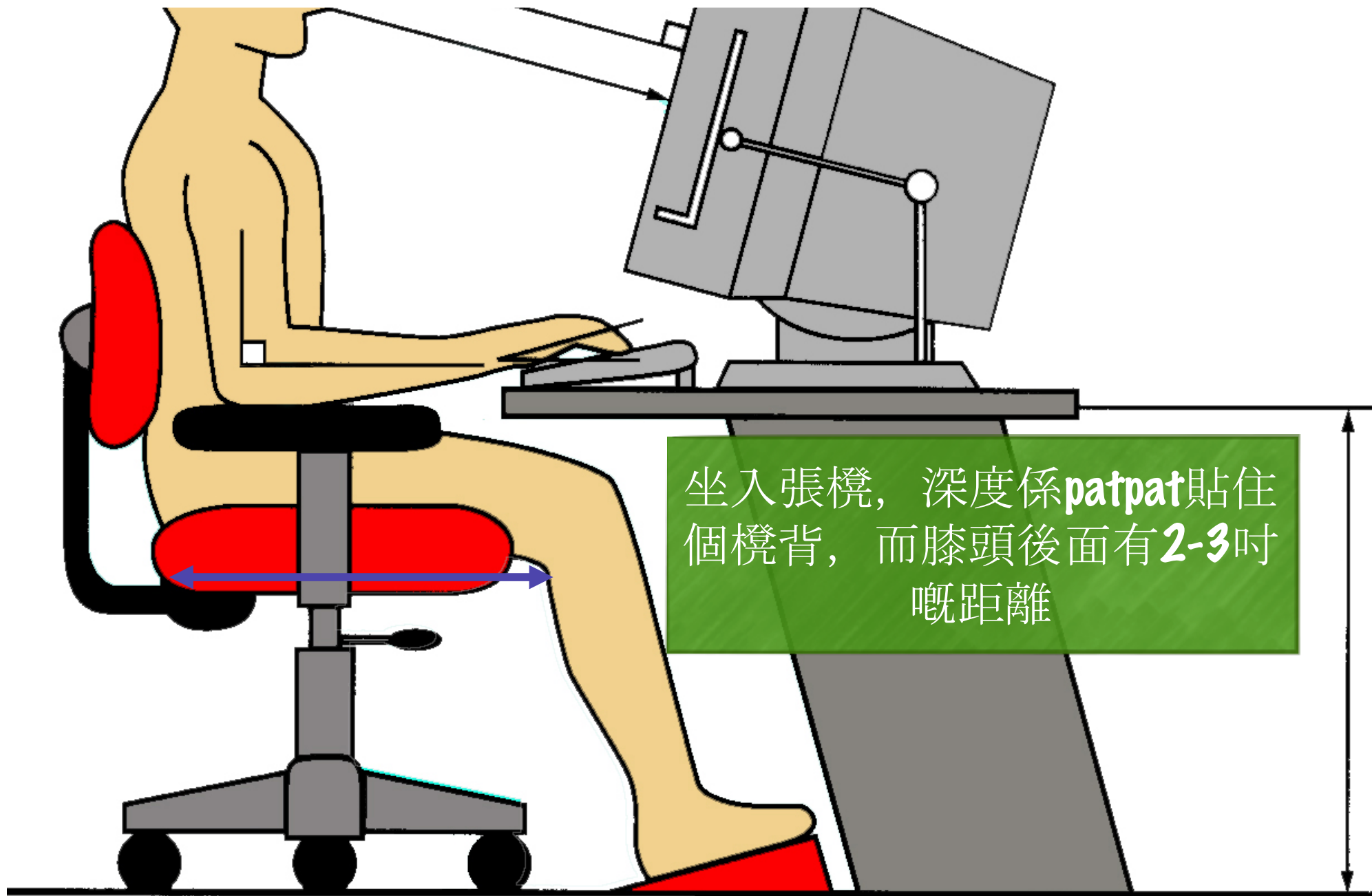
張櫓要穩5
個碌好過4
個



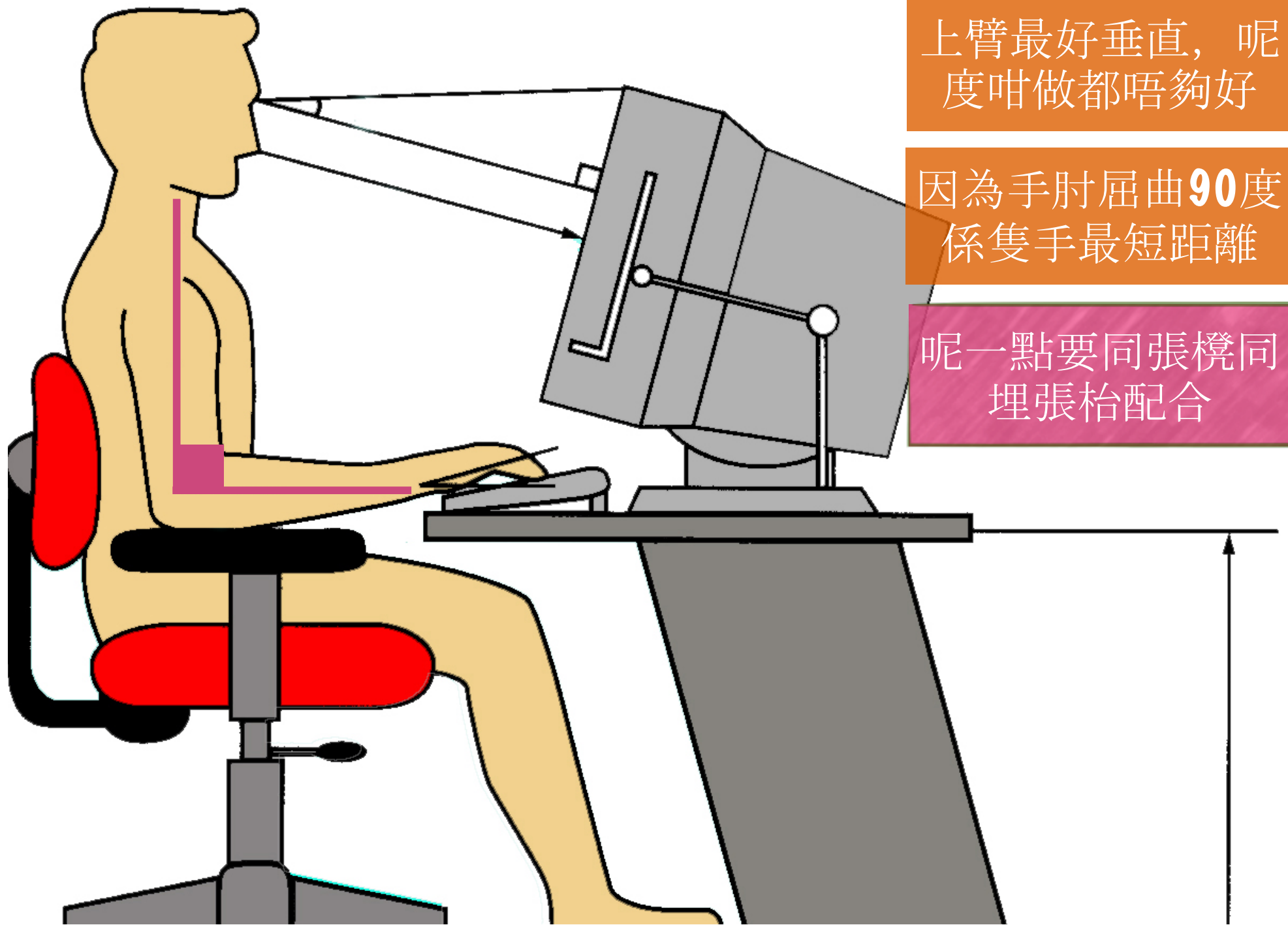


座位高度：hip
高過膝頭少少
，唔係90度

唔夠高就用嘢墊腳，
唔要對腳吊吊掙



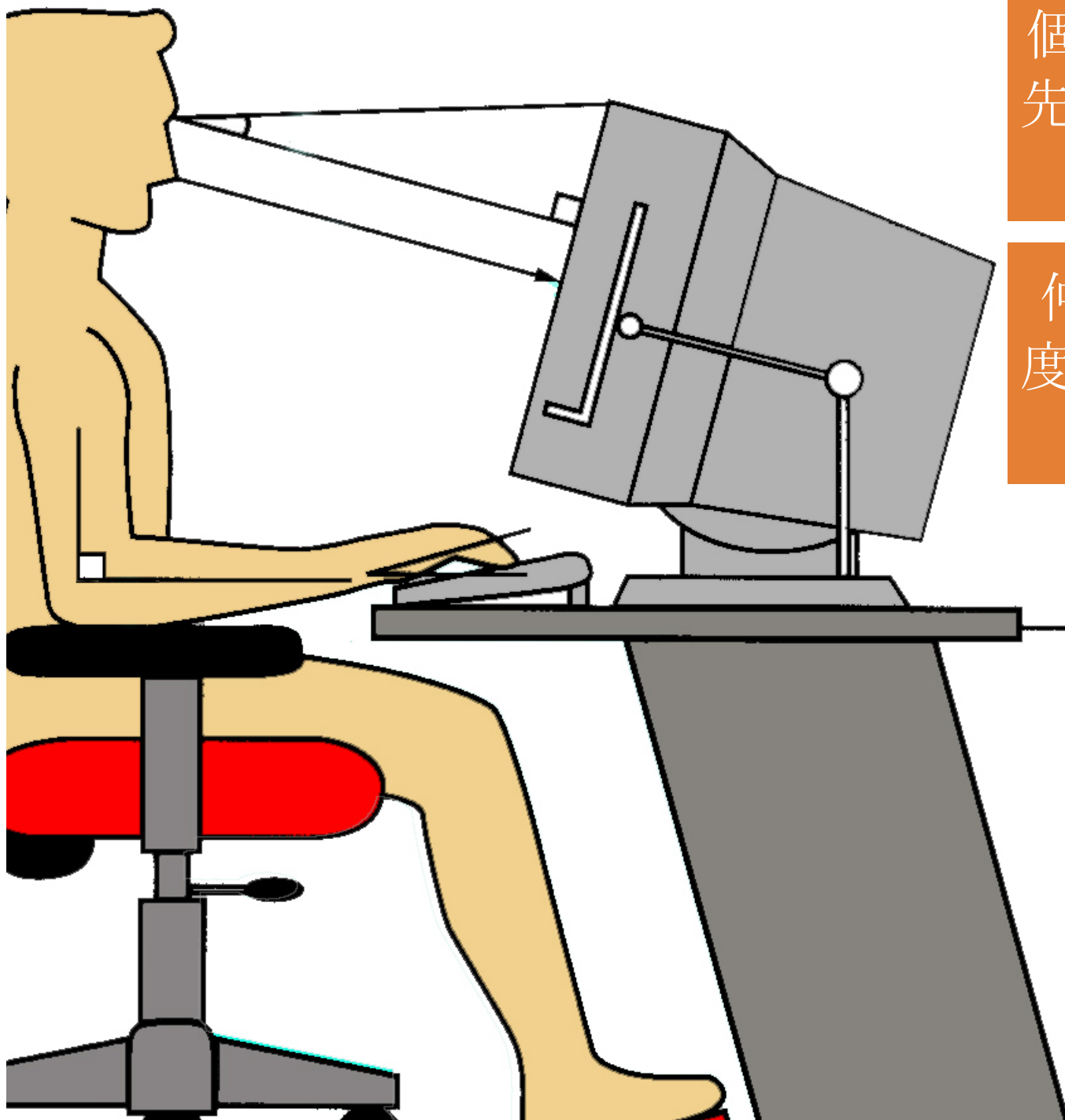
坐入張橈，深度係patpat貼住
個橈背，而膝頭後面有**2-3**吋
嘅距離



上臂最好垂直，呢度咁做都唔夠好

因為手肘屈曲**90度**係隻手最短距離

呢一點要同張櫈同埋張枱配合

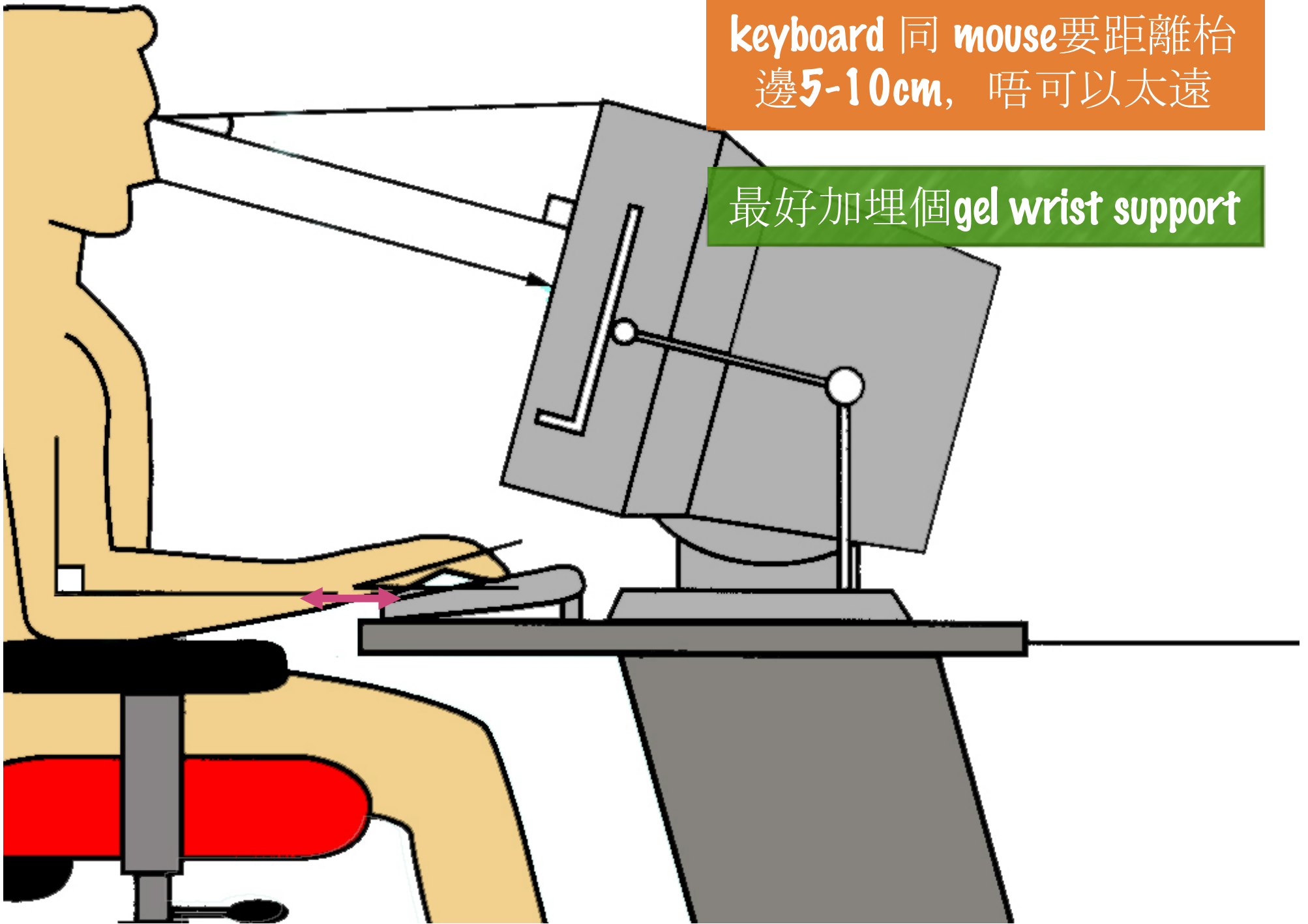


個**arm rest**係真係**rest**
先用，否則長期打字
會頂住手肘

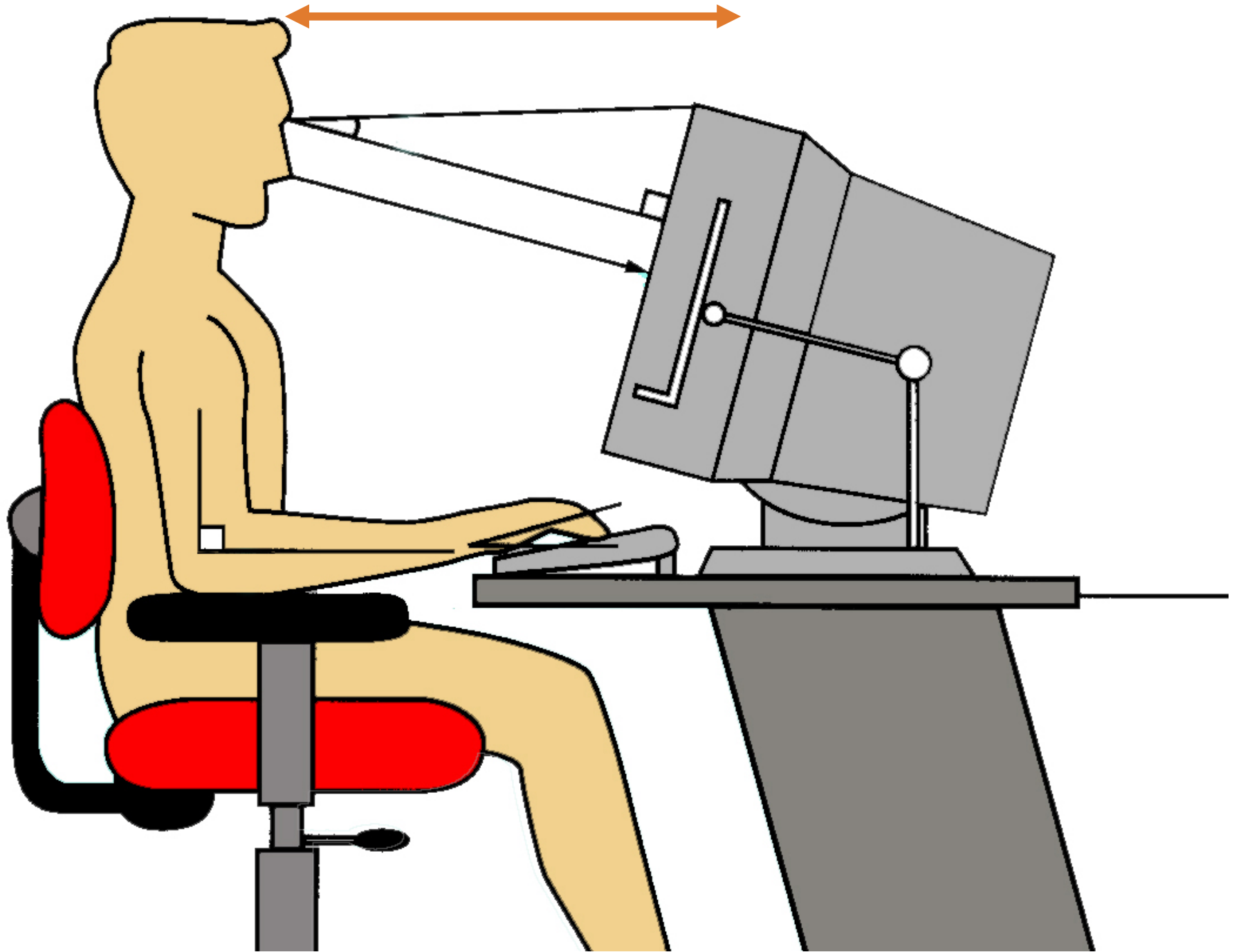
仲有個**arm rest**嘅高
度係要膊頭放鬆，唔
好太高或者太低

keyboard 同 mouse 要距離枱
邊5-10cm, 唔可以太遠

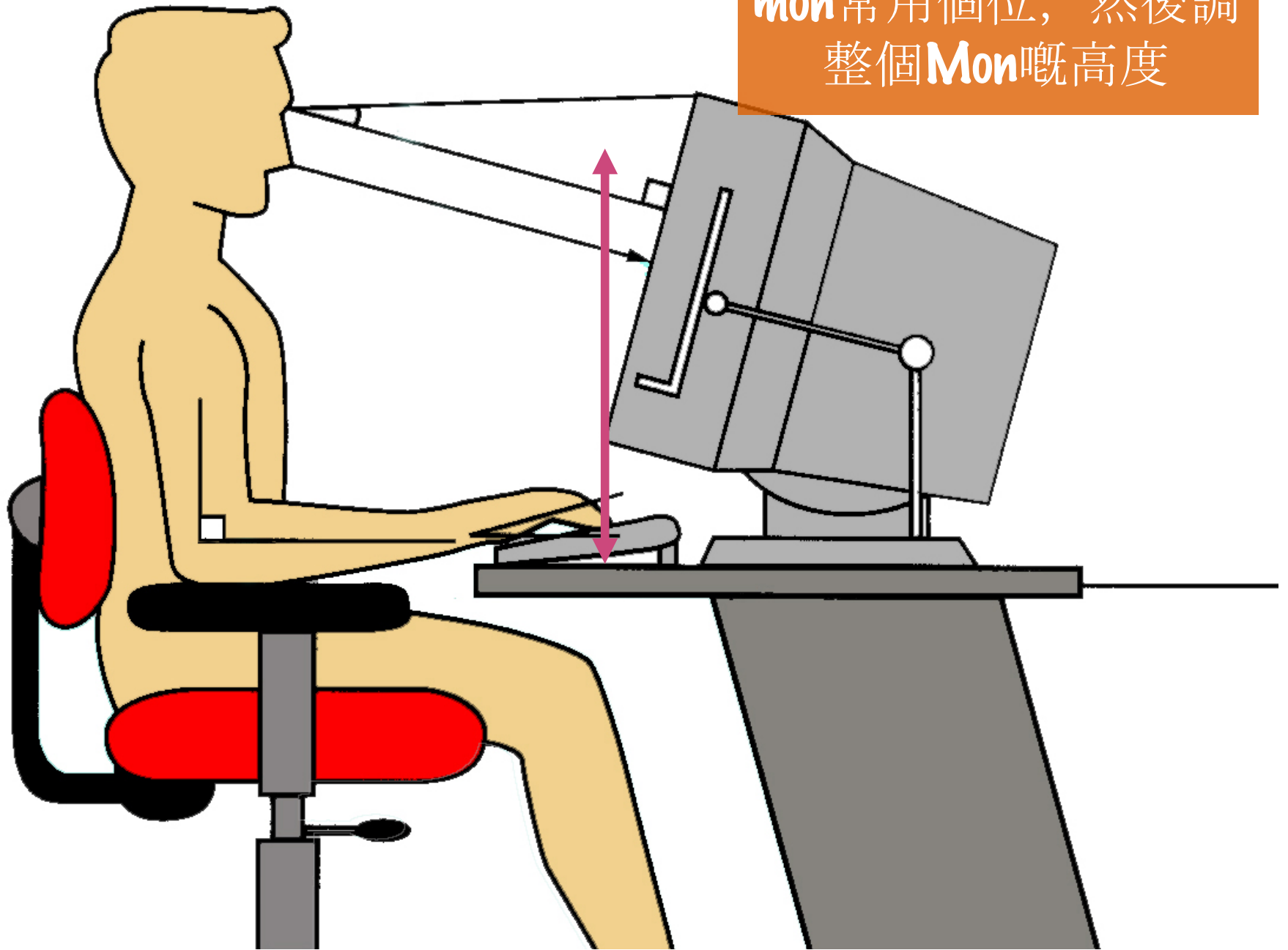
最好加埋個gel wrist support



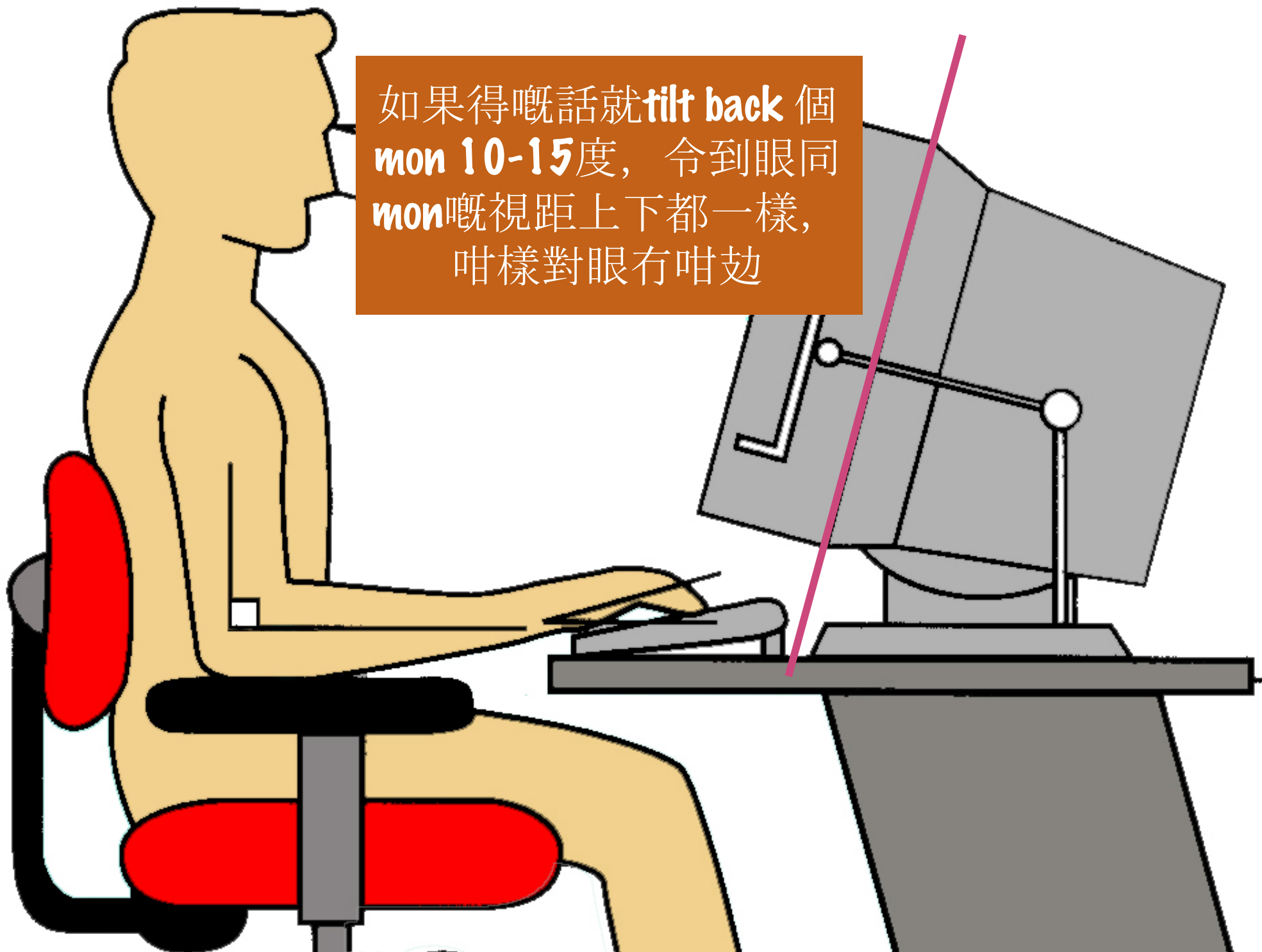
一隻手距離



同眼水平個位係望個
mon常用個位，然後調
整個Mon嘅高度



如果得嘅話就**tilt back** 個
mon 10-15度，令到眼同
mon嘅視距上下都一樣，
咁樣對眼冇咁劓



拉筋運動



Flexion

Tilt head downwards and hold. Feel the back of your neck stretch. For a deeper stretch use 1-2 fingers on the upper back of your head, pull downward lightly.



Upper Trap

Tuck chin and place one hand behind back. Use other hand to gently draw head towards opposite side. Feel deep stretch from ear to shoulder.



Levator Scapulae

Place arm of affected side behind back. Use other hand to draw head downward, towards opposite side. You should be looking towards opposite pocket of affected side. Feel stretch on back of neck.



Extension

Tilt head upward. With jaw closed, feel the stretch in the front of neck. For a deeper stretch hold center of chest with one hand, tilt head upward.



Side Bend

Tilt head to one side, keeping eyes & nose pointed straight. For stability sit on hands while stretching. Feel stretch between ear and shoulder.



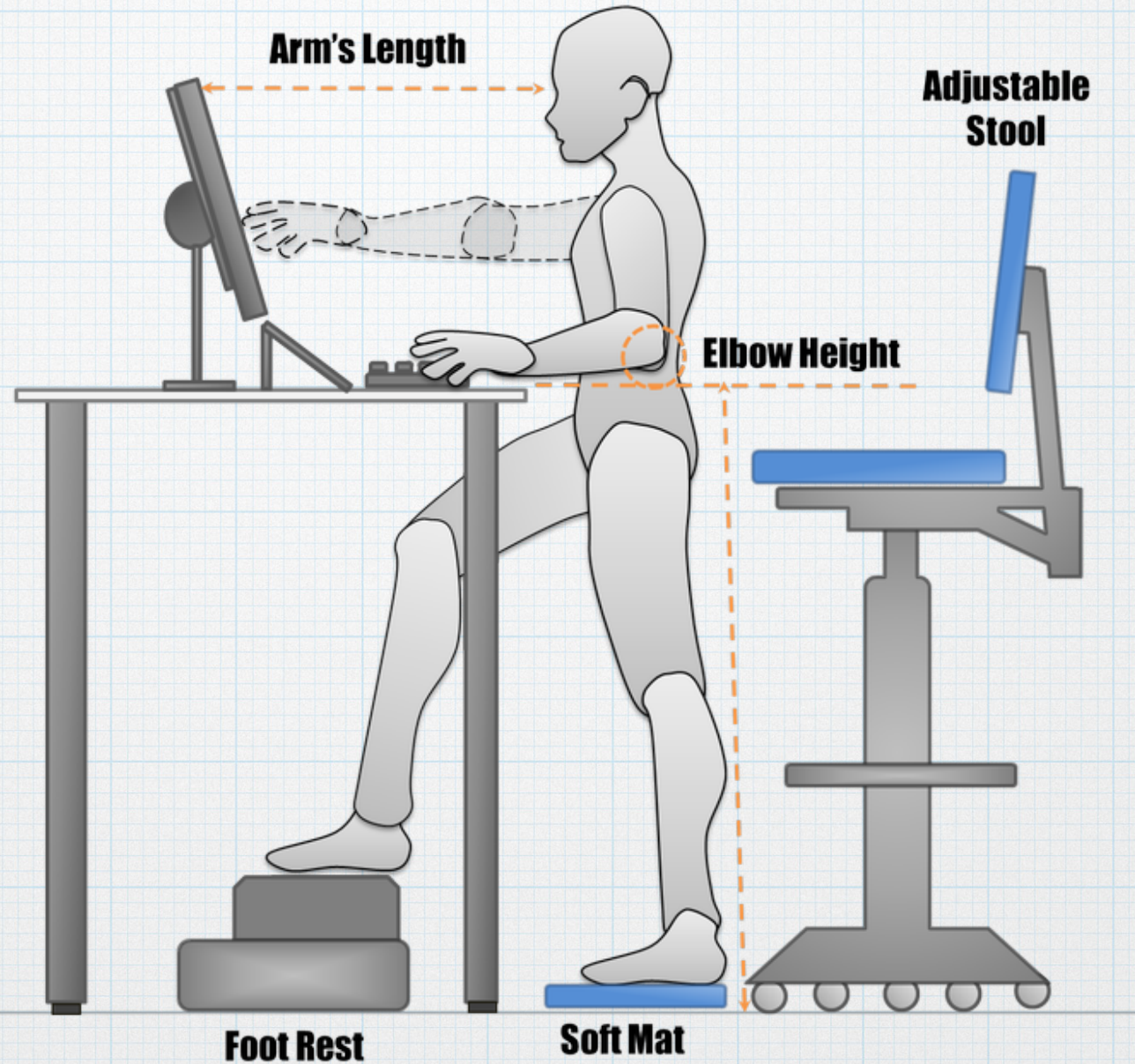
Rotation

Turn head to the side as far as you can, hold and repeat on other side. Feel front side of neck stretch.

資料來源

<https://www.bespokecycling.com/blog/training/lets-talk-about-neck-pain>

一樣道理



資料來源

<https://www.larryswanson.com/ergonomics/standing-desk/>

就算用laptop都係一樣

一係升高部電腦加
keyboard

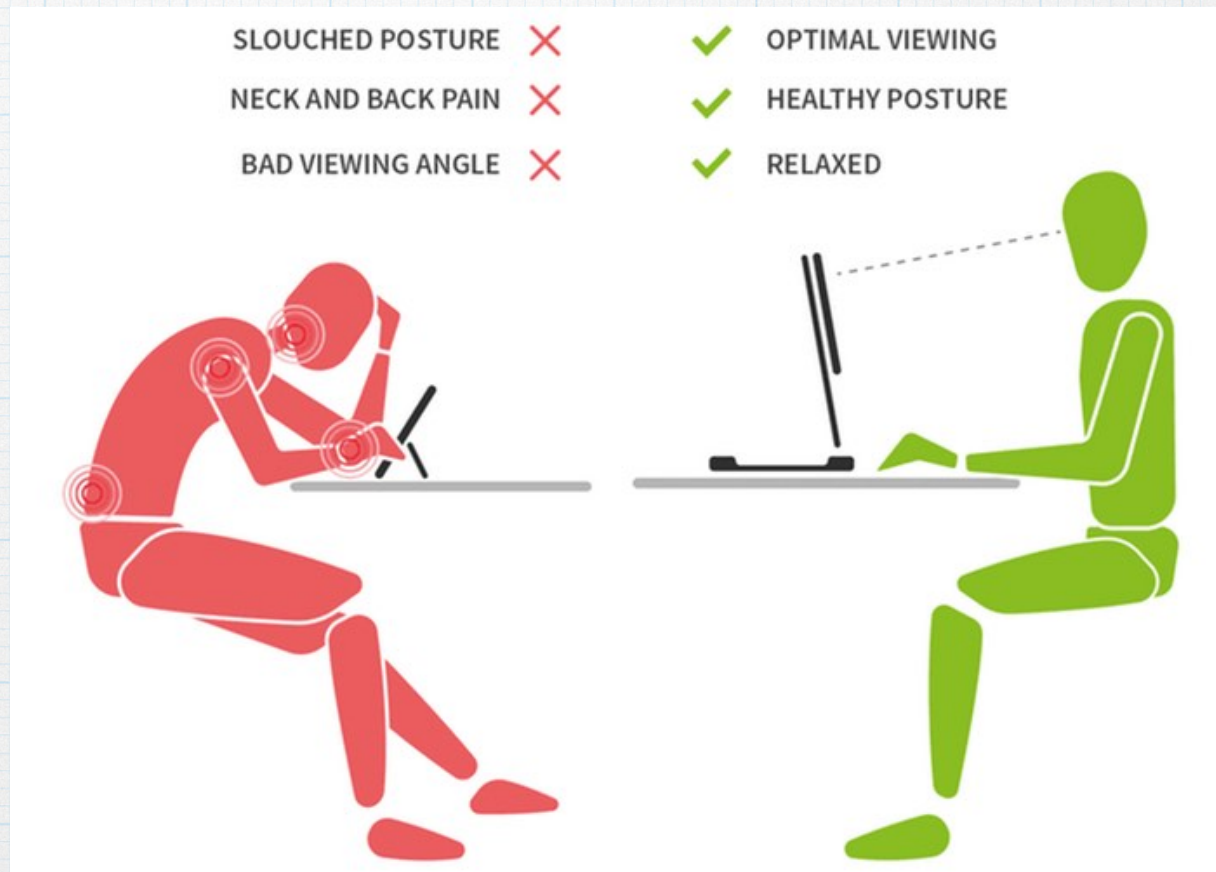
一係就插個mon, 部
電腦當**keyboard**用



圖片來源

https://www.staples.com/Uncaged-Ergonomics-WorkEZ-Standing-Desk-Black-WESDb/product_2508772

咁其實用 tablet / mobile / reading 都係同一個道理



圖片來源

<http://tstand.com/blog/tablet-ipad-ergonomics-corporate-lie/>

咁其實用 **tablet / mobile /
reading** 都係同一個道理



圖片來源

<https://www.amazon.com/nbryte-Tablift-Tablet-Uneven-Surface/dp/B01AHGIDE6>

其實用 **mobile phone** 都係一樣

- * 螢幕同眼係同一個水平
- * 最好有嘢 **support** 住部機，咁隻手會冇咁劫
- * 但事實上用耐咗一樣用寒背，姿勢會走樣
- * 所以都係用一陣就要休息，抖一抖



support, 盡量水平, 唔耐

“有冇嘢想問，我盡答”