

Reading Comfortably

For those that like to read (whether from a “real book” or digital device), often people put themselves in awkward postures for hours on end. Prolonged sitting may cause muscles and other soft tissues to become stretched or shortened, thus having the potential of causing discomfort (from minor to transient), and even soreness and pain. We can avoid many of these stressors by changing habits, postures, and length of time we spend in any one position. Some simple tips include:



- Hold books (and digital devices) out in front of you and not down in your lap or off to the side
- Relax your shoulders occasionally and do a few shoulder shrugs, rolls, and squeezes. [Click here for link to 12 Steps of Self Care](#) (see page 2)
- Don't sit with your legs crossed for long periods