

## Office Safari - Shoulder Care

Posted in: Office Ergonomics, Home Office, Posture

### Office Shoulderamus Reachalotus

#### Known Habits

This species is quite entertaining to watch. They spend much of their day seated, chasing a smooth, contoured device around their desk. Frequently, their shoulder reaches as far to the side and to the front as possible, requiring a lean to the opposite side to maintain balance.

#### Prey

When not hunting mice, these creatures are also seen preying on phones, adding machines, printers and staplers just beyond their reach.

#### Known weaknesses:

These creatures suffer from significant pain and discomfort in their upper back, specifically on the side of their body responsible for most of the hunting.

#### How to ease their pain:

Bring their elbows to their sides, then bring all their favorite prey within easy reach. This will allow them to 'toy' with their prey while reducing their pain.



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This article was written by ErgoRisk