



On-Site Insights

Leading your company and your employees to a life well lived

On-Site SolutionsSM
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Taking Time-out from Technology

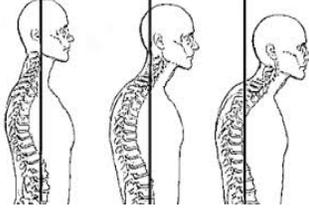
Do you have multiple cell phones? Take your iPad to the beach on vacation? Have the TV or computer always on? Find yourself checking texts or posting to Facebook during conversations?

If that's you, then consider getting Unplugged. March 4-5, from sundown to sundown, is the National Day of Unplugging. Why? Check out the list below.

If you have children, consider what their constant connections to tech devices can do to them. Here's a low-tech game for you (and your kids): Draw a line between the tech-related health problem in the left column with the correct explanation on the right:

- Poor communication skills
- Eye fatigue
- Impotence in men
- "Text Neck" - neck or headache pain
- Permanent postural damage
- "Sitting disease"
- Sleep deficits
- Hearing loss



1. Metabolic Syndrome is the medical term, referring to combinations of obesity, heart disease, diabetes, lethargy, digestive disorders related to low activity levels.
2. Nearly 50 percent of 12- to 35-year-olds around the world are exposed to unsafe noise levels from personal audio devices (World Health Org).
3. As you tilt your head forward and down, the pressure on your cervical spine increases from 10 pounds to 60 pounds. That's like dangling an 8-year-old from your forehead.
4. Digital eye strain affects 68% of millennials (Vision Council); its symptoms are difficulty focusing, irritated or dry eyes, light sensitivity, headaches.
5. 
6. Difficulty socializing in offline relationships.
7. Sleep hormone melatonin is decreased when blue light (emitted by LED monitors, laptops, tablets, and most e-readers) is viewed within 2 hours of bedtime.
8. Sperm quality goes down if that laptop rests on your lap – put it on a desk or a pillow!



E-mail us at: mgill@onsitesolutionspt.com for more information or to discuss our injury prevention programs.

- Prevention and wellness
- On-site physical therapy
- Ergonomics
- Functional job analysis and pre-employment screen

There's a reason major religions prescribe a "Day of Rest" each week. We need a rest from our electrical gadgets as well as other life stresses. Carve out a day for yourself to unwind, unplug, relax, reflect, get outdoors, and connect with people you care about.