

Please enable JavaScript in order to get the best experience when using this site.

- [Site Navigation](#)
- [Page Content](#)

[Menu](#)

State Government Victoria [Better Health Channel Logo](#)

[Caret](#)



•

## [Health.vic](#)

[Victoria's hub for health services and business](#)



•

## [DHHS](#)

[A gateway to the strategies, policies, programs and services delivered by the Department of Health & Human Services.](#)



•

## [Seniors Online](#)

[Victorian government portal for older people, with information about government and community services and programs.](#)

[Show search toolbar](#)

[Contrast](#) [Sign Up](#) [Login](#)

Search




Type a minimum of three characters then press UP or DOWN on the keyboard to navigate the autocompleted search results

## Navigation

[Home](#) [Close Menu](#)

- - [Conversation-Going-travelling](#)
- [Conditions and treatments](#)
  - [Conditions and treatments](#)
    - [Allergies](#)
      - [Allergies](#)
        - [Allergic reaction to packaged food](#)
    - [Anxiety](#)
    - [Arthritis](#)
    - [Asthma](#)
    - [Behavioural conditions](#)
    - [Birth defects](#)
    - [Blood and blood vessels](#)
    - [Bones muscles and joints](#)
      - [Bones muscles and joints](#)
        - [Foot care - podiatrists](#)
    - [Brain and nerves](#)
    - [Cancer](#)
    - [Complementary and alternative care](#)
    - [Dementia](#)
  - [Healthy living](#)
    - [Healthy living](#)
      - [Alcohol](#)
      - [Babies and toddlers \(0-3\)](#)
      - [Children \(4-12\)](#)
      - [Drugs and addictive behaviours](#)

- [Environmental health](#)
- [Family Violence](#)
- [Older people in hospital – Get well soon](#)
- [Health checks](#)
- [Healthy Eating](#)
  - [Nutrition for life](#)
- [Healthy mind](#)
- [Healthy pregnancy](#)
- [Immunisation](#)
- [Services and support](#)
  - [Services and support](#)
  - [Aged care services](#)
  - [Alcohol and drug services](#)
  - [LGBTI support](#)
  - [Carers, caring and respite care services](#)
  - [Child, family and relationship services](#)
  - [Disability services](#)
  - [Emergency, crisis and support services](#)
  - [End of life and palliative care services](#)
  - [Hospitals, surgery and procedures](#)
  - [Mental health services](#)
  - [Planning and coordinating healthcare](#)
  - [Pregnancy and birth services](#)
- [A-Z](#)
  - [A-Z](#)
  - [Conditions and treatments](#)
  - [Healthy living](#)
  - [Services and support](#)
  - [Videos](#)
  - [Service profiles](#)
- [Blog](#)
  - [Blog](#)
  - [Blog authors](#)
  - [Topics](#)
- [Podcast](#)
  - [Podcast](#)
  - [Influenza - Dr Brett Sutton & Prof Kanta Subbarao](#)
  - [Trauma - Anne Leadbeater OAM & Dr Rob Gordon](#)
  - [template](#)
- [Other sites](#)
  -  [Health.vic](#)  [DHHS](#)  [Seniors Online](#)
- [Sitemap](#)
- [My Health Life](#)
- [Facebook](#)
- [Googleplus](#)
- [Twitter](#)
- [Youtube](#)
- [Rss](#)
- [Conditions and treatments](#)
- [Healthy living](#)
- [Services and support](#)
- [A-Z](#)
- [Blog](#)
- [Podcast](#)



[Back to Work](#)

- [Home](#)
- [Healthy living](#)
- [Work](#)
- [Computer-related injuries](#)

## Computer-related injuries

- [Share \(show more\)](#)
- [Download PDF](#)
- [Listen \(show more\)](#)
- [Listen](#)
- [More \(show more\)](#)
  - [Email](#)
  - [Print](#)

Tags:

- [Work](#)
- [Work - Injuries and rehabilitation](#)
- [Safety](#)
- [Safety - Work and environmental safety](#)
- [Work - Work health basics](#)

## Summary

- Working at a computer can cause back, neck and shoulder pains, headache, eyestrain and overuse injuries of the arms and hands.
- You can help avoid computer-related injuries with proper furniture, better posture and good working habits.
- Parents should put sensible time limits on their children's computer use and video-game playing.
- Your child should take regular breaks from using a computer and should do some physical activities each day.

The computer is a vital tool in many different jobs and activities, for adults and children. But long periods of using a computer can increase your chance of developing an injury. Inappropriate computer use can cause muscle and joint pain, overuse injuries of the shoulder, arm, wrist or hand, and eyestrain.

Children can experience particular physical and psychological problems if they play computer games too much. You can reduce or avoid these risks with the correct furniture, better posture and good habits, such as taking rest breaks and restricting time spent playing computer games.

## Posture-related injuries from computer use

Back and neck pain, headaches, and shoulder and arm pain are common computer-related injuries. Such muscle and joint problems can be caused or made worse by poor workstation (desk) design, bad posture and sitting for long periods of time.

Although sitting requires less muscular effort than standing, it still causes physical fatigue (tiredness) and you need to hold parts of your body steady for long periods of time. This reduces circulation of blood to your muscles, bones, tendons and ligaments, sometimes leading to stiffness and pain. If a workstation is not set up properly, these steady positions can put even greater stress on your muscles and joints.

### Preventing computer-related muscle and joint injuries

Tips to avoid muscle and joint problems include:

- Sit at an adjustable desk specially designed for use with computers.
- Have the computer monitor (screen) either at eye level or slightly lower.
- Have your keyboard at a height that lets your elbows rest comfortably at your sides. Your forearms should be roughly parallel with the floor and level with the keyboard.
- Adjust your chair so that your feet rest flat on the floor, or use a footstool.
- Use an ergonomic chair, specially designed to help your spine hold its natural curve while sitting.
- Use an ergonomic keyboard so that your hands and wrists are in a more natural position.
- Take frequent short breaks and go for a walk, or do stretching exercises at your desk. Stand often.

## Computer-related overuse injuries of the hand or arm

Muscles and tendons can become painful with repetitive movements and awkward postures. This is known as 'overuse injury' and typically occurs in the elbow, wrist or hand of computer users. Symptoms of these overuse injuries include pain, swelling, stiffness of the joints, weakness and numbness.

### Preventing computer-related overuse injuries

Tips to avoid overuse injuries of the hand or arm include:

- Have your mouse at the same height as your correctly positioned keyboard.
- Position the mouse as close as possible to the side of the keyboard.
- Use your whole arm, not just your wrist, when using the mouse.
- Type lightly and gently.
- Mix your tasks to avoid long, uninterrupted stretches of using the computer.
- Remove your hands from the keyboard when not actively typing, to let your arms relax.

## Eyestrain from computer use

Focusing your eyes at the same distance point for long periods of time causes fatigue. The human eye structurally prefers to look at objects more than six metres away, so any work performed close up puts extra demands on your eye muscles.

The illuminated computer screen can also cause eye fatigue. Although there is no evidence that eye fatigue damages your eyesight, computer users may get symptoms such as blurred vision, temporary inability to focus on faraway objects and headaches.

## Preventing eyestrain from computer use

Tips to avoid eyestrain include:

- Make sure your main source of light (such as a window) is not shining into your face or directly onto the computer screen.
- Tilt the screen slightly to avoid reflections or glare.
- Make sure the screen is not too close to your face.
- Put the screen either at eye level or slightly lower.
- Reduce the contrast and brightness of your screen by adjusting the controls.
- Frequently look away from the screen and focus on faraway objects.
- Have regular eye examinations to check that any blurring, headaches and other associated problems are not caused by any underlying disorders.

## Injuries from laptop computers

The growing use of laptop computers has caused more pains, strains and injuries among computer users.

Laptop computers were designed to be used for short periods of time when a person couldn't access a desktop computer. But these days many people use a laptop all the time.

The problem is that the monitor and keyboard of a laptop are very close together. To position the monitor at the right height for your back and neck causes you to lift your arms and shoulders too high. But to position the keyboard at the best height for your arms and shoulders, you must hunch your shoulders and neck to see the monitor.

Carrying your laptop around can also strain your muscles and joints.

### Preventing injury from laptop computers

Tips to reduce laptop dangers include:

- Use a correctly set-up desktop computer instead of a laptop as often as you can.
- Use peripheral equipment, such as a docking station, separate keyboard, mouse and laptop stand.
- Take frequent breaks.
- Carry your laptop in a backpack or in wheel-along luggage.

## Children and computer-related injuries

Researchers believe that electronic games may be among the causes of childhood obesity (being very overweight). And like adults, children might also get overuse injuries of the hand, and muscle and joint problems such as back and neck pain or headaches.

Some research has shown that playing violent computer games and a large amount of game time may cause aggressive behaviour in some children and may negatively affect a child's school work. Although computer and video games are fun and offer benefits such as improved spatial awareness, parents should keep in mind that moderation is important in avoiding health problems.

### Health risks from computer games

Playing computer games for too long or without correct furniture and posture can lead to health problems such as:

- Overuse injuries of the hand
- Obesity
- Muscle and joint problems
- Eyestrain
- Behavioural problems including aggressive behaviour
- Photosensitive epileptic seizures (caused by flashing or rapidly changing lights – this is rare).

Parents can reduce the risk of children developing computer-related health problems. You can encourage your child to:

- Sit at least one metre away from the screen
- Take frequent breaks
- Pursue other activities. Encourage your child to enjoy different hobbies and interests, particularly sports and physical activities.

You can also:

- Set sensible time limits on your child's game playing. Some guidelines recommend no more than two hours of screen time each day
- Set up the computer, desk, chair and keyboard to suit your child's height. For example, adjust the chair so that your child's feet rest flat on the floor
- Buy an ergonomic chair
- Buy a smaller mouse, which suits the size of your child's hand
- Teach your child to use the keyboard and mouse properly and safely, such as pushing the buttons and other controls gently. Using unnecessary force increases the risk of overuse injury.

### Benefits of computer games

Playing video and computer games is a lot of fun, and can offer children other important benefits too. Depending on the game, playing can improve:

- Spatial awareness
- Iconic skills (reading images or diagrams)
- Visual attention skills (such as keeping track of various objects at the same time)

- Attention span in children who have attention problems.

## Where to get help

- Your doctor
- Physiotherapist
- Health and safety officer
- Australian Physiotherapy Association Tel. (03) 9092 0888 or 1300 306 622
- WorkSafe Victoria Tel. (03) 9641 1444 or 1800 136 089

## Things to remember

- Working at a computer can cause back, neck and shoulder pains, headache, eyestrain and overuse injuries of the arms and hands.
- You can help avoid computer-related injuries with proper furniture, better posture and good working habits.
- Parents should put sensible time limits on their children's computer use and video-game playing.
- Your child should take regular breaks from using a computer and should do some physical activities each day.

### References

- *Kids, violence and computer games*, 2006, ABC Health and Wellbeing, Australian Broadcasting Corporation. [More information here.](#)
- Huhman M, Lowry R, Lee SM, et al, 2012, 'Physical activity and screen time: trends in US children aged 9 to 13 years, 2002–2006', *Journal of Physical Activity and Health*, vol. 9, no. 4, pp. 508–515. [More information here.](#)
- Hastings EC, Karas TL, Winsler A, et al, 2009, 'Young children's video/computer game use: relations with school performance and behaviour', *Issues in Mental Health Nursing*, vol. 30, no. 10, pp. 638–649. [More information here.](#)

## Send us your feedback

- Rate this website
- Your comments
- Questions
- Your details

### 1/4 How would you rate this website?

- Excellent
- Good
- Average
- Fair
- Poor

[Next](#) [Submit Now](#) [Cancel](#)

## Send us your feedback

- Rate this website
- Your comments
- Questions
- Your details

Please note that we cannot answer personal medical queries.

If you are looking for health or medical advice we recommend that you:

- talk to your doctor or pharmacist
- dial triple zero (000) in an emergency
- ring NURSE-ON-CALL Tel. 1300 60 60 24.

### 2/4 Your Comments

Tell us who you are

Enter your comments below (optional)

[Next](#) [Submit Now](#) [Cancel](#)

## Send us your feedback

- Rate this website
- Your comments
- Questions
- Your details

### 3/4 Questions

What are you here to do?

Did you find what you were looking for?

- Yes
- No

[Next](#) [Submit Now](#) [Cancel](#)

### [Send us your feedback](#)

- Rate this website
- Your comments
- Questions
- Your details

### 4/4 Your details

Postcode

Email Address

[Submit Now](#) [Cancel](#)

### [Send us your feedback](#)

**Thank you. Your feedback has been successfully sent.**

### More information

#### Work

The following content is displayed as Tabs. Once you have activated a link navigate to the end of the list to view its associated content. The activated link is defined as Active Tab

- [Work health basics](#)
- [Health risks and the workplace](#)
- [Healthy eating and work](#)
- [Active living and work](#)
- [Healthy mind](#)
- [Change and career planning](#)
- [Relationships and conflict](#)
- [Flexible workplaces](#)
- [Environmental health and safety](#)
- [Injuries and rehabilitation](#)

#### Work health basics

- [Work and your health](#)  
[Work can provide satisfaction, but loss of a job or work-related problems can affect our physical, emotional and mental health...](#)
- [Workplace conflict](#)  
[A clash of personalities at work is bad for business, because it can affect productivity and increase absenteeism...](#)
- [Look after your health at harvest time \(slideshow\)](#)  
[Farmer health, wellbeing and safety are often neglected when facing the pressures of harvest. Simple safety measures can dramatically reduce the risk of injury and illness...](#)
- [Computer-related injuries](#)  
[Using a computer can contribute to problems of the muscles and joints, eyestrain and overuse injuries of the arms, wrists and hands...](#)
- [Physical activity - how to get active when you are busy](#)  
[Even if you're busy, you still need to find a way to be physically active...](#)
- [Returning to work after major trauma \(video\)](#)  
[If illness or injury forces you to take time off from work, it can have a big impact on your life. The time it takes to recover full health can change the way you feel about yourself. You can lose...](#)
- [The dangers of sitting: why sitting is the new smoking](#)

[The less sitting or lying down you do during the day, the better your chances for living a healthy life...](#)

- [Workplace safety - coping with a critical incident](#)

[Stress responses can develop over time after trauma, and support may be required by some workers or groups...](#)

- [Workplace safety - overuse injuries](#)

[Occupational overuse syndrome, also known as RSI, is caused by repetitive movements or awkward postures...](#)

#### **Health risks and the workplace**

- [Workplace safety - manual handling injuries](#)

[A person can be injured when handling objects in a variety of ways including pulling, pushing, holding or restraining...](#)

- [Workplace safety - overuse injuries](#)

[Occupational overuse syndrome, also known as RSI, is caused by repetitive movements or awkward postures...](#)

- [Workplace safety - noise pollution](#)

[There are many ways to reduce exposure to excessive noise in the workplace...](#)

- [Workplace safety - hazardous substances](#)

[A hazardous substance can be inhaled, splashed onto the skin or eyes, or swallowed...](#)

- [Asthma and your workplace](#)

[Some industries are more likely to affect a person with asthma because of the triggers in the environment...](#)

- [Handwashing - why it's important](#)

[Washing your hands with soap and warm water can help prevent the spread of infectious diseases...](#)

- [Look after your health at harvest time \(slideshow\)](#)

[Farmer health, wellbeing and safety are often neglected when facing the pressures of harvest. Simple safety measures can dramatically reduce the risk of injury and illness...](#)

- [Returning to work after major trauma \(video\)](#)

[If illness or injury forces you to take time off from work, it can have a big impact on your life. The time it takes to recover full health can change the way you feel about yourself. You can lose...](#)

- [Shiftwork](#)

[A person working the night shift is at greater risk of various disorders and accidents...](#)

- [Workplace safety - coping with a critical incident](#)

[Stress responses can develop over time after trauma, and support may be required by some workers or groups...](#)

#### **Healthy eating and work**

- [Cooking tips for busy people](#)

[If you lack the time or motivation to cook, try these tips...](#)

- [Lunch boxes - healthy ideas](#)

[Healthy foods that are great for school lunch boxes...](#)

- [Lunch - avoid the fast food fix \(video\)](#)

[Nutritionist Shane Bilsborough shows us how much energy it takes to burn off a fast food lunch. Join tradies, Corky and Danny as they find out how to maintain a healthy weight...](#)

- [Lunch boxes - healthy shopping ideas \(video\)](#)

[Victorian State Public Health Nutritionist Veronica Graham takes us shopping for the right foods to include in your child's lunchbox...](#)

- [Look after your health at harvest time \(slideshow\)](#)

[Farmer health, wellbeing and safety are often neglected when facing the pressures of harvest. Simple safety measures can dramatically reduce the risk of injury and illness...](#)

- [Lunch boxes - how to make them healthy \(video\)](#)

[Victorian State Public Health Nutritionist Veronica Graham shares three healthy and delicious lunchbox examples for the kids and provides some great food](#)

[preparation tips to save you time throughout...](#)

- [Tips to keep our snacks on track \(slideshow\)](#)

[Most of us are prone to the odd snack or two. Check out these simple tips to keep your snacks on track...](#)

- [Workplace catering \(video\)](#)

#### Active living and work

- [Exercise and stretching in the office \(video\)](#)

[Sitting behind a desk all day doesn't mean you can't exercise...](#)

- [Posture](#)

[Bad habits such as slouching and inactivity cause muscle fatigue and tension that ultimately lead to poor posture...](#)

- [The dangers of sitting: why sitting is the new smoking](#)

[The less sitting or lying down you do during the day, the better your chances for living a healthy life...](#)

- [Physical activity - staying motivated](#)

[Pick an exercise or fitness activity that appeals to you and suits your lifestyle...](#)

- [Returning to work after major trauma \(video\)](#)

[If illness or injury forces you to take time off from work, it can have a big impact on your life. The time it takes to recover full health can change the way you feel about yourself. You can lose...](#)

#### Healthy mind

- [Exercise and mental health](#)

[We all know how important exercise is for keeping us physically healthy. But did you know that exercise can also help keep you mentally healthy? Research shows that people who exercise regularly have...](#)

- [Work-related stress](#)

[Work-related stress causes an increase in sick days and absenteeism, a higher turnover of staff and a drop in productivity...](#)

- [Stigma, discrimination and mental illness](#)

[Stigma is when someone sees you in a negative way because of a particular characteristic or attribute, such as mental illness. When someone treats you in a negative way because of your mental illness...](#)

- [Getting help for someone with a mental illness](#)

[The sooner a person with a mental illness receives treatment, the better the outcome is likely to be...](#)

- [Look after your health at harvest time \(slideshow\)](#)

[Farmer health, wellbeing and safety are often neglected when facing the pressures of harvest. Simple safety measures can dramatically reduce the risk of injury and illness...](#)

#### Change and career planning

- [Career management](#)

[Some people are unable to effectively manage their careers because previous choices have left them few options...](#)

- [Retrenchment or financial loss](#)

[It is normal to feel shocked, distressed, angry, guilty, worthless or powerless when you lose your job or face an unexpected change in your financial situation...](#)

- [Job hunting tips](#)

[You can improve your chances of finding a job by casting a wide net...](#)

- [Retirement](#)

[People who plan an active life when they retire tend to be happier than those who have no plans...](#)

#### Relationships and conflict

- [Workplace conflict](#)

[A clash of personalities at work is bad for business, because it can affect productivity and increase absenteeism...](#)



- [Bullying](#)  
[Parents can help with bullying by supporting their child and involving the authorities to find solutions...](#)
- [Returning to work after major trauma](#)  
[Getting back to work can be good for your health and wellbeing so start planning a return to work with your employer and WorkSafe Victoria...](#)
- [Work-related stress](#)  
[Work-related stress causes an increase in sick days and absenteeism, a higher turnover of staff and a drop in productivity...](#)
- [Retrenchment or financial loss](#)  
[It is normal to feel shocked, distressed, angry, guilty, worthless or powerless when you lose your job or face an unexpected change in your financial situation...](#)

#### **Flexible workplaces**

- [Breastfeeding and work](#)  
[You can successfully combine breastfeeding with work if you have support from your employer, colleagues and family...](#)
- [Hearing loss - communication in the workplace](#)  
[If you are unsure how to best communicate with a colleague who has a hearing impairment, ask them...](#)

#### **Environmental health and safety**

- [10 tips for work safety](#)  
[Take regular work breaks ... 10 tips for work safety...](#)
- [Asbestos and your health](#)  
[When asbestos fibres become airborne, people working with asbestos may inhale particles which remain in their lungs...](#)
- [Cadmium](#)  
[Low-level exposure to cadmium over a long period of time may cause health effects because cadmium can accumulate in the body...](#)
- [Eye safety at work](#)  
[Wearing eye protection appropriate for the task can significantly reduce the risk of injury...](#)
- [Look after your health at harvest time \(slideshow\)](#)  
[Farmer health, wellbeing and safety are often neglected when facing the pressures of harvest. Simple safety measures can dramatically reduce the risk of injury and illness...](#)
- [Q fever](#)  
[Q fever is caused by a micro-organism that can be carried by cattle, sheep and goats...](#)
- [Returning to work after major trauma \(video\)](#)  
[If illness or injury forces you to take time off from work, it can have a big impact on your life. The time it takes to recover full health can change the way you feel about yourself. You can lose...](#)
- [Shiftwork](#)  
[A person working the night shift is at greater risk of various disorders and accidents...](#)
- [Skin cancer - protecting outdoor workers](#)  
[People who work outdoors are in one of the highest risk groups for skin cancer...](#)
- [Workplace conflict](#)  
[A clash of personalities at work is bad for business, because it can affect productivity and increase absenteeism...](#)

#### **Injuries and rehabilitation**

- [Financial support after a workplace trauma](#)  
[Workers compensation insurance covers medical expenses of workers injured at work...](#)
- [Look after your health at harvest time \(slideshow\)](#)  
[Farmer health, wellbeing and safety are often neglected when facing the pressures of harvest. Simple safety measures can dramatically reduce the risk of injury and illness...](#)

- [Returning to work after major trauma](#)

[Getting back to work can be good for your health and wellbeing so start planning a return to work with your employer and WorkSafe Victoria...](#)

- [Returning to work after major trauma \(video\)](#)

[If illness or injury forces you to take time off from work, it can have a big impact on your life. The time it takes to recover full health can change the way you feel about yourself. You can lose...](#)

- [Workplace safety - coping with a critical incident](#)

[Stress responses can develop over time after trauma, and support may be required by some workers or groups...](#)

- [Workplace safety - manual handling injuries](#)

[A person can be injured when handling objects in a variety of ways including pulling, pushing, holding or restraining...](#)

- [Workplace safety - overuse injuries](#)

[Occupational overuse syndrome, also known as RSI, is caused by repetitive movements or awkward postures...](#)

- [Work-related fatalities](#)

[In 2013, 196 people lost their lives due to work-related accidents in Australia. Find out more about your industry and which organisations help to prevent work-related deaths in your workplace...](#)

## Related Information

- [Workplace safety - overuse injuries](#)

Occupational overuse syndrome, also known as RSI, is caused by repetitive movements or awkward postures...

- [Workplace safety - manual handling injuries](#)

A person can be injured when handling objects in a variety of ways including pulling, pushing, holding or restraining...

- [Workplace safety - coping with a critical incident](#)

Stress responses can develop over time after trauma, and support may be required by some workers or groups...

- [Work-related fatalities](#)

In 2013, 196 people lost their lives due to work-related accidents in Australia. Find out more about your industry and which organisations help to prevent work-related deaths in your workplace...

- [Work-related stress](#)

Work-related stress causes an increase in sick days and absenteeism, a higher turnover of staff and a drop in productivity...

[Home](#)

## Related information on other websites

- [Australian Physiotherapy Association](#)

## Content Partner

This page has been produced in consultation with and approved by: La Trobe University – School of Allied Health - Physiotherapy



Last updated: May 2015

Page content currently being reviewed.

Content on this website is provided for information purposes only. Information about a therapy, service, product or treatment does not in any way endorse or support such therapy, service, product or treatment and is not intended to replace advice from your doctor or other registered health professional. The information and materials contained on this website are not intended to constitute a comprehensive guide concerning all aspects of the therapy, product or treatment described on the website. All users are urged to always seek advice from a registered health care professional for diagnosis and answers to their medical questions and to ascertain whether the particular therapy, service, product or treatment described on the website is suitable in their circumstances. The State of Victoria and the Department of Health & Human Services shall not bear any liability for reliance by any user on the materials contained on this website.



[betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)



## NURSE-ON-CALL

Provides immediate, expert health advice from a registered nurse. Call 1300 60 60 24

### [NURSE-ON-CALL](#)

Service Search

**Service Search**

Find services near you

Service:

Location:

Type a minimum of three characters then press UP or DOWN on the keyboard to navigate the autocompleted search results

[Use my location](#)

## Recent Activity

5 people have watched a video today

- **[Health topics](#)**

- [Conditions and treatments](#)
- [Healthy living](#)
- [Services and support](#)
- 

- **[Explore](#)**

- [Recipes](#)
- [Healthy pantry](#)
- [Videos](#)
- [Consumer medicine information](#)
- [Multilingual health information - Health Translations Directory](#)

- **[About](#)**

- [About us](#)
- [Accessibility](#)
- [Content partners](#)
- [Privacy](#)
- [Terms of use](#)
- [Contact us](#)

- **[Connect with us](#)**

- [Facebook](#)
- [Twitter](#)
- [YouTube](#)

Page last reviewed: 31 May 2015

<https://www.betterhealth.vic.gov.au:443/health/healthyliving/computer-related-injuries>

- <https://www.betterhealth.vic.gov.au:443/about/privacy>

[Privacy Statement](#)

- <https://www.betterhealth.vic.gov.au:443/about/terms-of-use>

**betterhealth.vic.gov.au**

[Copyright Notice](#)

- <https://www.betterhealth.vic.gov.au:443/about/terms-of-use>

[Disclaimer Notice](#)

This web site is managed and authorised by the Department of Health & Human Services, State Government of Victoria, Australia

© Copyright State of Victoria 2018.

[Back to Top](#)

**This page has been produced in consultation with and approved by:**

La Trobe University – School of Allied Health - Physiotherapy

Content on this website is provided for information purposes only. Information about a therapy, service, product or treatment does not in any way endorse or support such therapy, service, product or treatment and is not intended to replace advice from your doctor or other registered health professional. The information and materials contained on this website are not intended to constitute a comprehensive guide concerning all aspects of the therapy, product or treatment described on the website. All users are urged to always seek advice from a registered health care professional for diagnosis and answers to their medical questions and to ascertain whether the particular therapy, service, product or treatment described on the website is suitable in their circumstances. The State of Victoria and the Department of Health & Human Services shall not bear any liability for reliance by any user on the materials contained on this website.

For the latest updates and more information, visit [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

**Copyright © 1999/2019** State of Victoria. Reproduced from the Better Health Channel ([www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)) at no cost with permission of the Victorian Minister for Health. Unauthorised reproduction and other uses comprised in the copyright are prohibited without permission.