

Your personalized self assessment

Assessment Risk

High health risk: Neck, Shoulders, Upper back

Cervical Spondylosis

Affected area: Neck

Symptoms experienced: Neck pain, stiffness, and sometimes numbness or weakness in the arms

Likely caused by: Leaning forward, Screen below eye level

[Placeholder for image]

Thoracic Outlet Syndrome

Affected area: Neck and shoulders

Symptoms experienced: Neck pain, stiffness, and sometimes numbness or weakness in the arms

Likely caused by: Leaning forward, Screen below eye level

[Placeholder for image]

Upper back strain

Affected area: Upper back

Symptoms experienced: Neck pain, stiffness, and sometimes numbness or weakness in the arms

Likely caused by: Leaning forward, Screen below eye level

[Placeholder for image]

Medium health risk: Lower back

Lumbar spondylosis

Affected area: Lower back

Symptoms experienced: Back pain and stiffness

Likely caused by: Leaning forward, Screen below eye level

[Placeholder for image]

For your action

Make immediate adjustments

Sit back fully with back supported. Use a cushion or adjust lumbar pad.
Place device close to your chair. Use a cushion or adjust lumbar pad.
Sit back fully.

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Self-help with DIY hacks and request products

Raise your screen to eye level

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Gradual habit changes

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Request products to address medium risk issues

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Educate self with recommended resources to continue improving well-being

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