

## Ergonomic Videos

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### Dr. Jay Warren: Is it My Head, My Eyes or My Monitor?

If you have headaches or eyestrain towards the end of your work day, your computer monitor may be the culprit. Dr. Jay will open your eyes to a new way of looking at your monitor.



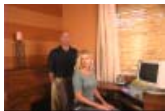
### Dr. Jay Warren: Make Friends with your Keyboard and Mouse

Did you know that Carpal Tunnel symptoms are most commonly caused by poor keyboard placement? Dr. Jay shares useful tips to ease your wrist joints.



### Dr. Jay Warren: Easy Stretches at Your Desk

Relieve neck and back tension with these easy stretches you can do at your desk. Join Dr. Jay as he leads you through simple, yet effective, stretches to release stress in your tight muscles.



### Dr. Jay Warren: Is your Desk Chair a Pain?

Do you have low back or neck pain at the end of your day? Chances are your chair is working against you. Poor seated posture accounts for many neck and back ailments. Join Dr. Jay as he covers the ABC's of Desk Chair Ergonomics.



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