

Avoiding and Relieving Neck Pain as we adapt to use of Face Shields

1. Wear the face shield appropriately
 - a. Watch the [video](#)
 - b. Adjust all the straps to create 'best fit' for your head size/shape.
 - i. **Adjust the strap positioned at the top of the head so it contacts the TOP of your head and properly distributes weight of the Face Shield.**
 - ii. Tighten at the back to comfort
 - iii. Some of the face shields can be adjusted closer to the face, which decreases the 'effective weight' of the shield.
2. To maintain better anatomical alignment of head/neck, think about "standing three inches taller."
3. Exercises which may be helpful during or after your work shift:
 - a. Suboccipital release (gently massage or roll on tennis balls at the base of your head)
 - b. Chin tucks (gentle chin-to-chest stretch for muscles at base of your skull, on the back)
 - c. Pectoral muscle stretching
 - d. Scapular retraction and depression (pinch your shoulder blades back and downward)
 - e. Cervical rotation (slowly turn your head to the right and left)

