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)