

Q&A – Computer work and Headaches

Ask the Physical Therapist

By Todd Loehrke, DPT, CMTPT

Q: With computer work, I get a headache that starts at the base of my skull and radiates up into my head. How can I avoid this?

A: Your pain sounds like a muscle tension headache that comes from pinching or overuse of the muscles located at the base of your head. Try sitting tall while holding your shoulders up and back. Do not let your chin extend forward, and if it does, pull it back in! Your OST physical therapist can start you on a program to stop these headaches.

Keywords: Headache, computer work, head pain, shoulders, posture