

Wei-Chieh Chen



• Current position:

- Attending Physician, Department of Physical Medicine & Rehabilitation, National Taiwan University Hospital.

• Specialty:

- Musculoskeletal disorder
- Neural rehabilitation
- Acute or chronic pain
- Musculoskeletal ultrasonography

- Ultrasound-guided intervention
- Trigger point injection

•Education:

- MD, School of Medicine, Taipei Medical University

•Career and certification:

- Chief resident, Department of Physical Medicine & Rehabilitation, National Taiwan University Hospital.

•Reminder from Dr. Chen:

Modern people tend to have chronic musculoskeletal problems due to sedentary life and poor posture when using 3C products. Proper biomechanical and posture adjustment, as well as increased mobility, all help to improve the above problems: avoid the same posture for more than 30 minutes, regular break and maintain

physical activity, sleep on your side or upright, and avoid keeping your hands above your head at sleep; the ideal hand-eye or reading distance is 16-20 inches; keep your sitting posture upright when doing any activities.

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