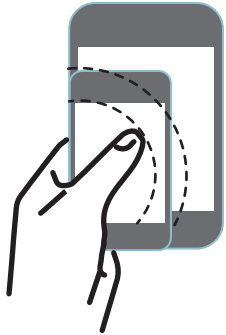


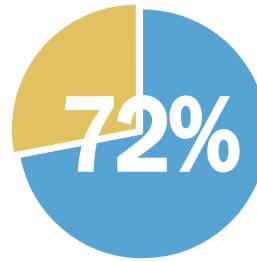
SMARTPHONES AND ERGONOMICS

HAND ACHES AND INJURIES

Smartphones are often utilized for a person's job, leading to workers having a second dedicated work phone.



Phone size, shape, and thumb length vary. Screens today range from under three inches to over six inches in height.



of US adults report they own a smartphone, almost twice as many as five years ago.

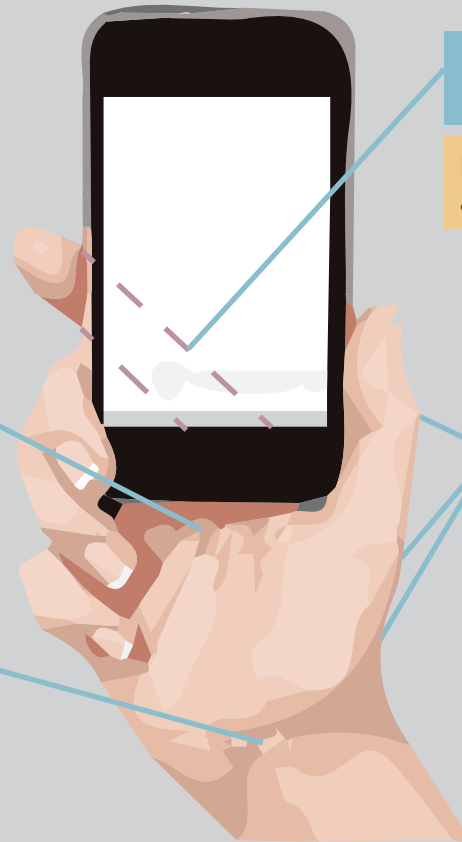
Pew Research Center, 2016

To prevent discomfort, aches, pain, and fatigue from smartphone use, ergonomics and healthy hand habits should be practiced.

PAINFUL HAND CONDITIONS RELATED TO SMARTPHONE USE

Please see your doctor if you have prolonged pain in your hands.

If you have a history of hand injuries or weak joints you are at higher risk for a hand condition due to smartphone use.



Ligament strain on side of finger can lead to pain and swelling

Risk factors: Static hold, prolonged awkward posture

Hand fatigue and cramping can lead to inflammation

Risk factor: Sustained grip

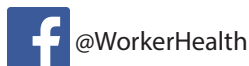
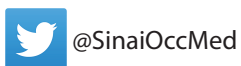
Joint inflammation can lead to decreased mobility, throbbing, or pain

Risk factor: Repetitive movements

Irritation of tendons can increase risk for tendinitis and tenosynovitis

Risk factors: Awkward posture, repetitive movements

To learn more, contact us at **888-702-0630** or visit us at www.mountsinai.org/selikoff



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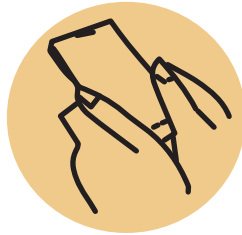
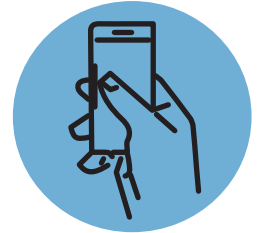
*Selikoff Centers for
Occupational Health*

SMARTPHONES AND ERGONOMICS

HEALTHY HAND SOLUTIONS

When you're looking for a new phone:

- Be open to different sizes and brands, and play with them in the store to see what feels most comfortable.
- For a work phone explore your options and request a hands-free listening device.
- Look for a phone case with texture or traction to allow ease of grip.



Try to limit using your hands:

- Use the dictate feature for messaging and emails.
- Use word prediction on the keyboard to help decrease amount of keystrokes.
- Use your speakerphone or headset when you can.
- Avoid text "bingeing".

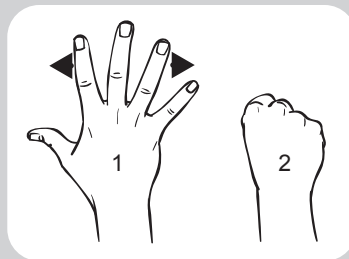
Alternate your hand positions and which fingers you use:

- Change hand grip frequently.
- Alternate between using one hand and two when using the keyboard.
- Alternate holding your phone between left and right hands.
- Put your phone down while typing.



These stretches can help decrease fatigue and keep your hands flexible:

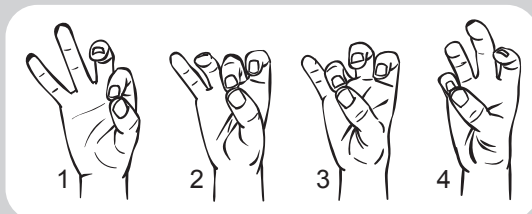
Open your hand and spread your fingers as wide as you can and then close your hand into a fist.



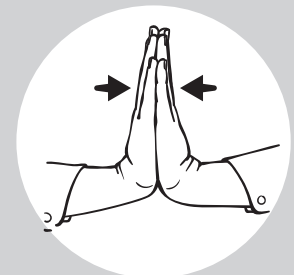
Place your hands flat on the table and lift each finger one at a time for two seconds each



Tap your thumb to each finger.



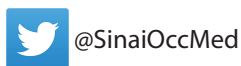
Bring your hands together with your elbows out into a prayer position to stretch your wrists.



This information is intended for general reference purpose only and is not intended to be used as a substitute for professional medical advice.

4/2017

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