

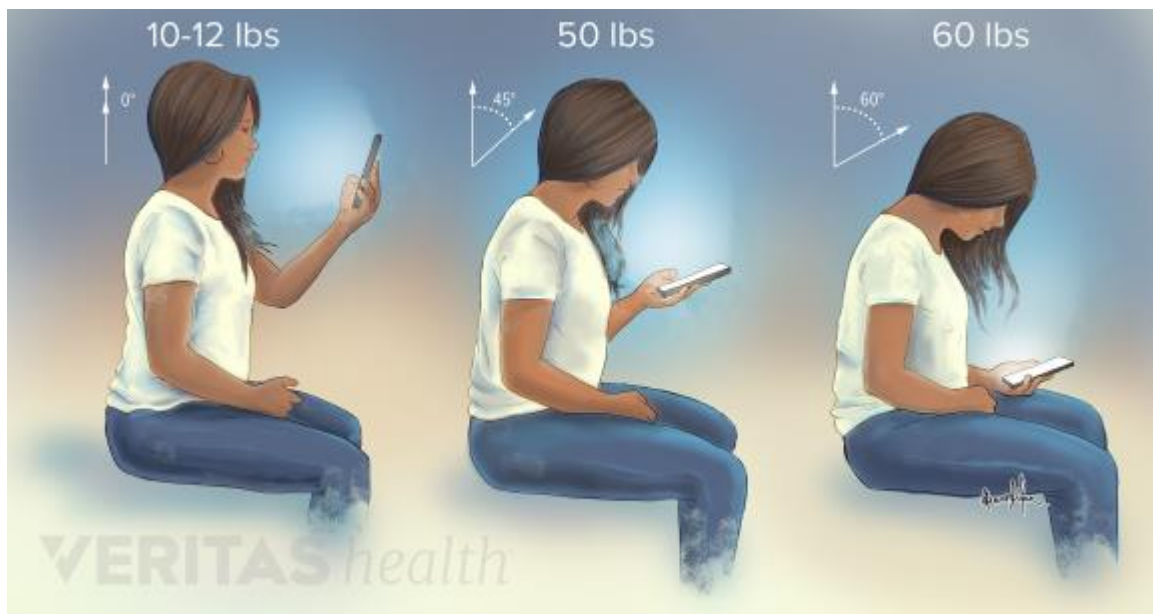
## Handheld Devices

Many people are spending more and more time with their tablets and smart phones, but these are not free of ergonomic stressors. Here are some things to remember when computing on the go.

- Texting and some other small-screen features can be hard on the thumbs. Limit typing time to no more than 10-15 minute sessions.
- Stretch often when spending extended concentrated time on your device.
- If you use a stylus, try to find one with a larger grip handle.
- Think about maintaining a neutral posture while on your device. You may elect to use something to support the arms so that you are not holding them aloft for long periods and/or maintaining a prolonged bent-neck posture.

Resources Posture - <https://ehs.yale.edu/>

**Text neck** describes a repetitive stress injury or overuse syndrome in the neck, caused by prolonged use of mobile devices with the head bent downward and not moving. Also called tech neck, text neck is commonly associated with texting, but it can be related to many activities performed on phones and tablets while looking downward, such as surfing the web, playing games, or doing work.



Source: [spine-health.com/conditions/neck-pain/](http://spine-health.com/conditions/neck-pain/)

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