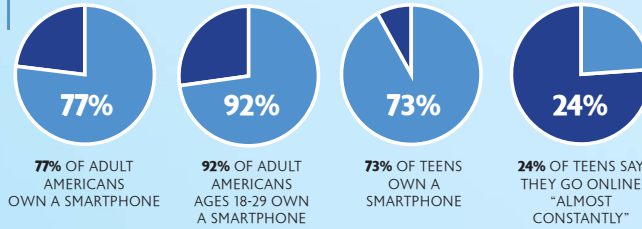


Smartphone Pains

SMARTPHONES IN OUR LIVES



HOURS SPENT HUNCHING OVER A SMARTPHONE

5,000 HOURS
TEENS SPEND
IN ONE YEAR

&

1,400 HOURS
ADULTS SPEND
PER YEAR



WHEN SMARTPHONE USE ISN'T SMART

Staying in a humpbacked posture for hours can lead to an unexpected problem, dubbed "**text neck**," which results in severe and constant pain in the neck, upper back and shoulders.

The weight seen by the spine increases with the degree that you flex your neck. An adult head weighs **10-12 pounds** when it is held in the neutral position and **60 pounds** when it is held at a **60-degree angle**.

SIGNS OF TOO MUCH SMARTPHONE USE

- Neck and shoulder pain
- Chronic headaches
- Numbness in the arms
- Neurological issues
- Early wear and tear on the spine
- Discomfort or pain in wrist and thumb
- Tingling and numbness from elbow to middle finger
- Weakness in hand

SMARTER PHONE TIPS

- Aim to stay in a neutral position – your ears aligned with your shoulders – when using a smart device.
- Look down at your device with your eyes, not by moving your head.
- Avoid spending hours each day on computers and smart devices.
- Take frequent breaks.
- Stretch often to increase blood flow and help mobility within your spine.

STRETCH IT OUT

WRIST EXTENSOR STRETCH

- Keep elbow straight. Grasp one hand and slowly bend wrist forward until stretch is felt. **Hold 30 seconds.**

WRIST FLEXORS

- Keep elbow straight, palm up. Grasp fingers with other hand and slowly bend wrist backward until stretch is felt. **Hold 30 seconds.**

FINGER OPPOSITION

- Starting with index finger and proceeding toward little finger, actively touch thumb to each fingertip.
- Move slowly at first, then more rapidly as motion and coordination improve.



FLEXOR TENDON GLIDING

- Straighten all fingers, then make a fist, bending all joints.



LATERAL NECK FLEXION

- Slowly tilt head toward one shoulder. **Hold 15 seconds; switch sides.**

NECK RETRACTION

- Pull head straight back, keeping eye and jaw level.

SCAPULAR RETRACTION

- Hold arms at sides. Pinch shoulder blades together.

PECTORAL STRETCH

- Put hand behind doorjamb and gently lean forward. Feel a stretch across the chest. **Hold 15 seconds.**



Franciscan HEALTH

FranciscanHealth.org/rehab

SOURCES: PEW INTERNET & AMERICAN LIFE PROJECT, AMERICAN OCCUPATIONAL THERAPY ASSOCIATION, FRANCISCAN HEALTH REHABILITATION SERVICES