

# HEALTHY CELL PHONE USE

OUR TOP TIPS TO AVOID PAIN & INJURY CAUSED BY CELL PHONES



## PROBLEM: TEXT NECK

### SOLUTIONS:

1. Limit Phone Use -- the more time you spend on your phone, the more conscious you have to be about a healthy posture
2. Take a break at least every 20 minutes -- if you have to be on your phone, break it up!
3. Sit with good posture -- try to keep your ears lined up directly over your shoulders, pinch shoulder blades together, and look straight-forward, not down.
4. Hold your phone at eye level -- this will help you to look straight forward, which means less bending.
5. Avoid cradling the phone between your ear and neck -- holding this unnatural posture for a long time can cause pain

NECK



## PROBLEM: EYE STRAIN

### SOLUTIONS:

1. Put your phone away 30 minutes before bed -- Blue light from your phone can cause eye strain, disrupt sleep, suppress melatonin, and shift circadian rhythms... yikes!
2. Use night shift in the evening -- if you need to be on your phone at night, take this precaution!
3. Use blue light computer glasses in the daytime -- blue light glasses mimic the night shift feature on your phone to filter out the harmful blue light.

EYES

## PROBLEM: DAMAGE TO YOUR EARDRUMS

### SOLUTION:

1. Use your phone's speaker when possible -- this will help to limit harsh sound waves that can damage your hearing.
2. Control volume levels -- Headphones are capable of causing permanent damage when turned up.

EARS

## PROBLEM: ELBOW PAIN

### SOLUTION:

1. Avoid keeping your elbow bent for extended periods of time -- this means when you're texting or at work using your desktop
2. Take stretch breaks -- this will give your elbows a chance to move.

ELBOW



## PROBLEM: CARPAL TUNNEL SYNDROME

### SOLUTION:

1. Minimize thumb time to decrease the risk of repetitive trauma -- a big factor of carpal tunnel syndrome!
2. Use text-to-speak -- this will give your thumbs a break
3. Use the 3 text rule -- Call your contact rather than using long or repeated texts
4. Get a grip or pop-socket -- this will help you to avoid resting your device on your thumbs.
5. Switch hands frequently -- your hands need a break, also!

HANDS

**PROBLEM: DISRUPTIVE THOUGHTS****SOLUTION:**

1. Limit your usage -- give your mind a chance to be bored.
2. Develop a routine for checking emails and social media -- this will help you to stay accountable
3. Don't give in to FOMO (Fear of missing out) -- turn off your social media to help!
4. Have no phone zones, like the dining table and bedroom
5. Keep your phone at least 1 foot away from you when you sleep -- try putting it on the far end of your night stand.
6. Turn off notifications -- you wouldn't tolerate an annoying person who interrupts you every 3 minutes.
7. Make your smartphone a "dumb phone" by placing only essential apps (navigation, text, call, calendar) on your main page and avoiding any others during downtimes.
8. De-focus on your e-life and enjoy a real-life -- be active!

**STRETCH**

Take micro-breaks and look up at least each minute and stretch periodically.

**CERVICAL RETRACTIONS** -1 set of 10 reps, 3 times per day.

Sit or stand looking forward with good posture. Tuck your chin to create a double chin. Hold this position for 3-5 seconds. Return to the starting position. Focus your vision on a spot on the wall to avoid neck flexion or extension. To progress, place a finger on your chin, and apply backward pressure at end range. Imagine that your head is on drawer slides. Keep your mouth closed. Perform 1 set of 10 repetitions 3-10 times per day. Alternately, this exercise may be performed standing with your back against a wall. Your buttocks and shoulder blades should be in contact with the wall. Tuck your chin to make a "double chin" until the base of your skull contacts the wall, relax and repeat as directed.

**SCAPULAR PROTRACTION/RETRACTION** - 3 sets of 10 reps, 2 times per day.

Stand facing a wall with your palms on the wall at shoulder level, fingers pointing up, elbows straight. While keeping your arms straight, lean in with your chest and pinch your shoulder blades together. Next, push away from the wall to allow your shoulder blades to slide forward on your rib cage. Perform as directed.

**MEDIAN NERVE GLIDE** - 1 set of 20 reps, 2 times per day.

Begin by making a fist. First, flex your fist downward, then bring your wrist back to a neutral position. Straighten your fingers and thumb so that all five tips are pointing forward. Bend your wrist back/up as to make a "stop" motion and move your thumb away from your palm. Turn your wrist palm up. Use your opposite hand to pull your thumb further away from your palm. Perform 20 repetitions twice per day or as directed.

**References**

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