Is Your Phone Killing your Hands?

Texting thumb & smartphone pinky may not be medical terms, but the culprits are real.

✓ Overusing your thumbs when texting and one-handed swyping or scrolling can lead to serious pain in the thumbs and wrists.

✓ Over time, holding your phone on your pinky finger can contribute to pain and numbness in the pinky, hand or wrist.

You can’t live without your phone, but you can’t live without your hands. What to do?

Try these pro tips and start loving your ergonomic life!

Use a finger strap or grip for passive holding

Use your index finger for scrolling

Use voice-to-text instead of your thumbs

Use a swype app (p.s. it’s faster too!)

Support your arms and use 2 hands to text

Rule your Life.

Take sips of rest, just like you take sips of water.

Set down your phone and rest hands often frequently.

Have other questions about Lifestyle Ergonomics?

Get personalized recommendations for your arsenal of devices, your home office and much more. Book a virtual consultation with a professional ergonomist at Learn Ergo.

Learn Ergo

www.learnergo.com