

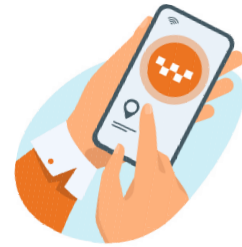
Lifestyle Ergonomics

Hold the Phone

“Texting thumb” and “smartphone pinky” may not be medical terms, but the culprits are real. Overusing your thumbs when texting and one-handed swiping 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. Here are some ergonomic tips for phone use.

1 Use a finger strap or grip for passive holding

2 Use your index finger for scrolling



3 Use voice-to-text instead of your thumbs

4 Use a swipe typing app

5 Support your arms and use two hands to text

6 Set down your phone and rest your hands often

