Is Your Tablet/Smart Phone a Pain in the Neck?

The cumulative effect of smartphone and tablet use both on campus and at home may increase the risk of chronic neck injuries and repetitive stress injuries in the fingers.

DID YOU KNOW?
The effects of long term forward neck posture leads to "long term muscle strain, disc herniations and pinched nerves." *Mayo Clinic Health Letter Vol. 18, #3 March 2000*

Forward head posture results in loss of vital capacity of the lungs by as much as 30%. This shortness of breath can lead to heart and blood vascular disease. The entire gastrointestinal system is affected; particularly the large intestine. Loss of good bowel peristaltic function and evacuation is a common effect of FHP. *-Rene Cailliet, M.D., Director of the Department of Physical Medicine and Rehabilitation at the University of Southern California*


**BEST PRACTICES:**

- Hold your mobile device at eye level
- Alternate hands you use to hold your mobile device
- Use voice dictation (Siri, Cortera, etc.)
- Consider use of a tablet holder if using it for an extended period of time
- Consider use of a stylus pen
- Use your desktop computer to reply to e-mails and browse the internet