



5 STEPS

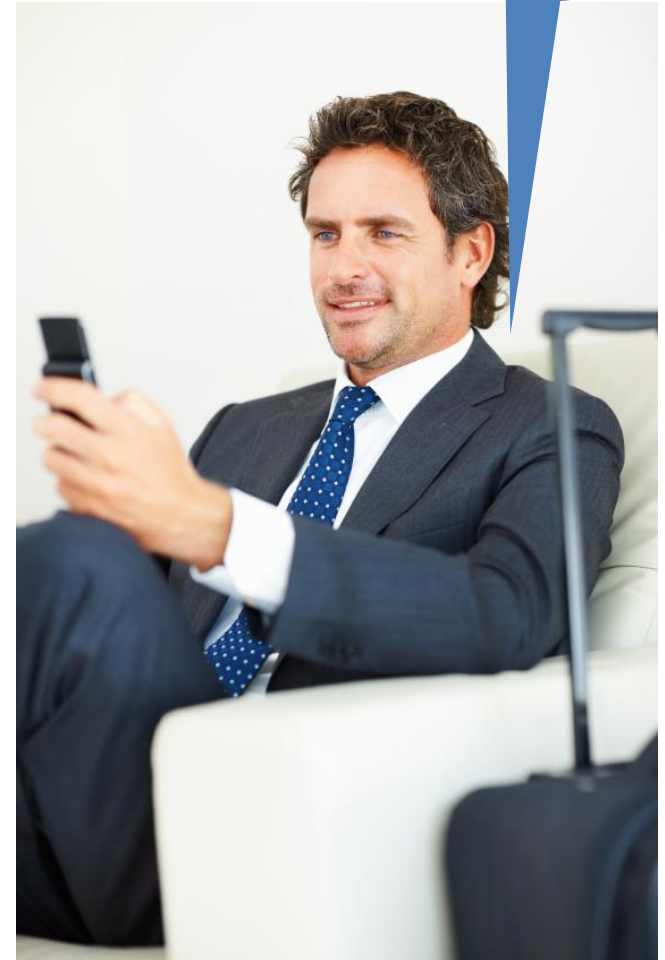
to working on
your smart phone

Step 1

Sit Comfortably with Good Posture

- Limit postures that cause you to lean or hunch forward.
- If possible, sit back and relax in a comfortable chair to improve your body alignment.

Step 1



Step 2

Alternate Fingers and Hands

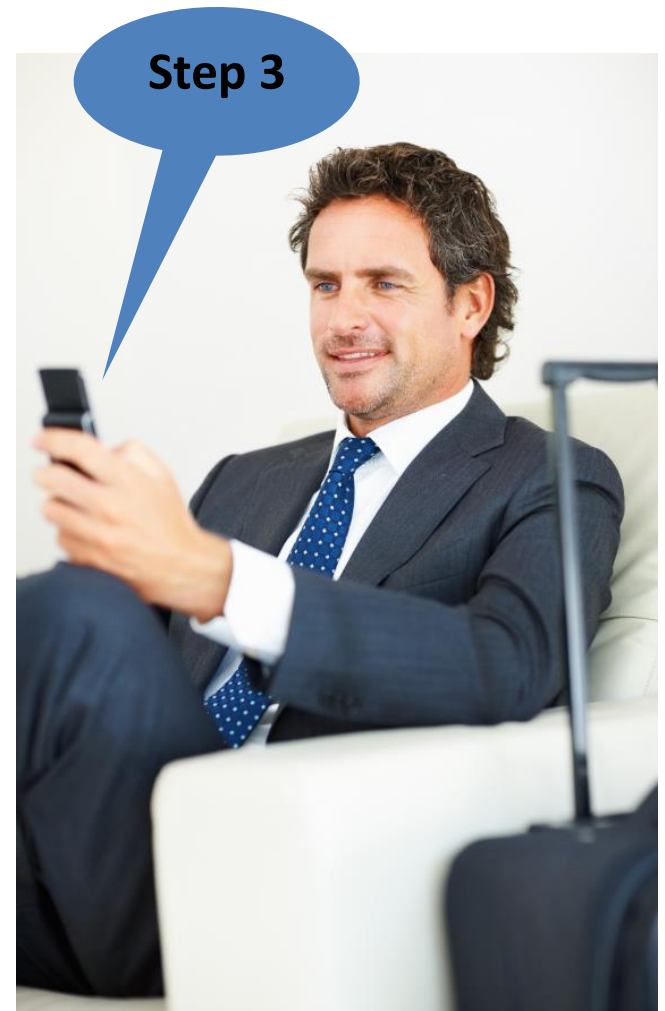
- Train yourself to use different fingers and thumbs and not just your thumbs.
- This can spread the texting motion between all your fingers and thumbs and not just repetitively using your thumbs.
- You can also use the eraser on a pencil or a stylus to “hunt & peck” your text messaging.



Step 3

Positioning

- Holding the device in front of you while keeping your elbows to your sides can improve your shoulder and neck posture.
- Remember that you can “scroll” your eyes up and down without bending your neck up and down.



Step 4

- Breaks
- Take micro-breaks as often as you need to.
- Little recovery periods can help prevent the stress and tension from accumulating and continuing to build up.
- Self massage the thumb and hand muscles can be helpful.



Step 5

Alternative Methods

- When possible, use the voice-texting features on your device to give the thumbs and fingers a break from manual texting.
- ***NEVER text while driving.***

