

Thumbs Down! The Trouble with Texting

“Canadian teens send an average of more than 3500 texts each month—more than 100 a day!”

-Jane Doucet

Excessive texting and other technological activities can lead to pain, as well as injury and strain from overuse of the muscles, ligaments, and tendons that perform the task!

If you or your teen has noticed pain in your;

- Neck or back,
- Shoulders, elbows,
- Wrists, fingers and thumbs,

it be the result of a combination of poor posture and overuse of phones, i-Pods or i-Pads, computers, or video game consoles.



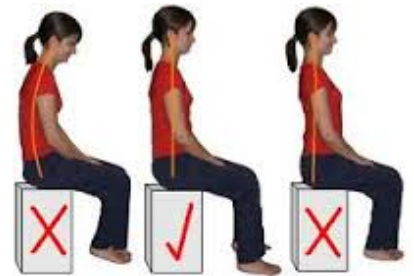
Repetitive stress injuries, such as “texting thumb” are becoming much more common. Opposable thumbs are unique to humans, but they are designed to act more like pliers than for heavy 3D use as in texting. Plus, the way we sit doing these activities leads to bad posture and weak core muscles!

Physiotherapists have become involved in rehabilitating issues such as tendonitis, pinched nerves, muscle and ligament strains, as well as training better posture and awareness of problems.

Once the problem is identified, a Physiotherapist can provide specific stretching and strengthening exercises and teach you how to avoid further injury. It is important to address these problems early to avoid chronic problems.

Some **tips to prevent these injuries** are:

1. Reduce the amount of time spent on your devices!
2. Take frequent breaks.
3. Use good posture. Do not slouch on the couch!
4. Try to use the device in a different way, e.g. use your index finger instead of your thumb.
5. Do gently stretching exercises with your hands, wrists and forearms.
6. Wrap an elastic band around your fingers and extend your hand against the resistance.
7. Repeatedly touch your fingers to your thumbs.
8. Twist your wrists and tap both the palm and back of your hand to your thigh at each turn.
9. Slowly but firmly pull your thumb using your other hand.



Please call us for more specific information or to help you determine what your problem is and how you can better manage it for less pain and better movement!