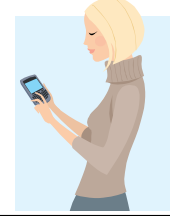


PT Tips for the Digital Era



IMG Physical Therapy
805 N. Richmond St. Suite 103
Fleetwood, PA 19522
610-944-8140
Christopher Gordos DPT - Eric Parrish MPT



Why you need to be careful:

- Hands and wrists are prone to overuse injuries
 - This consists of pain, soreness, and inflammation that occurs as a result of repetitive motions.

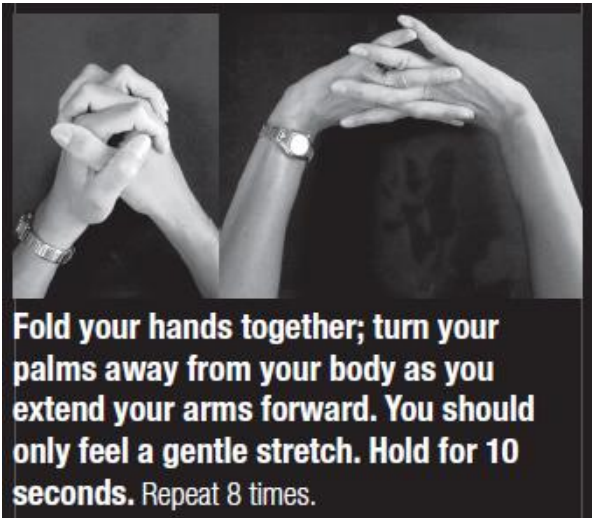
Tips to prevent overuse injuries with handheld devices:

- Keep your wrists as straight as possible (don't let them drop down when holding a controller, typing, etc.)
 - If possible place a support in your lap
- Sit comfortably in a chair that provides ample back support
- STOP use of device if hands feel weak, or you experience aching, burning, or tingling
- Take frequent breaks; it's harmful to type on handheld devices for more than a few minutes at a time
 - Instead go outside and go for a walk or play your favorite sport!
- Try to abbreviate and write shorter responses when texting
- Try to avoid thumb typing
- Take a few minutes each day to stretch your hands and your arms
 - These simple movements can release tension and ease strained muscles
 - Stretches should not cause pain. If discomfort is felt discontinue stretches immediately and consult with therapist @ IMGPT (610-944-8140)

Some tips for computer/ keyboard set-up:

- Keyboard positioning is key!
 - It should be at a height that allows your elbows to be at slightly more than a 90 degree angle
 - You should be able to slide your knees under your keyboard tray
 - Avoid reaching for the keyboard by extending your arms or raising your shoulders
 - Often the best position is resting the keyboard on your lap
- Computer monitor positioning is also important:
 - It should be directly in front of you
 - The top of the monitor should be at eye level
 - It should be at a distance where you can see it clearly without moving or squinting

Hand/ Wrist/ Arm Exercises



Find a stress ball or a tennis ball and squeeze it for 5 minutes various times throughout the day.

- Flex one arm in front of you to shoulder height keeping it straight with your palm down.
- Grasp your hand of the straight arm with your opposing hand and pull it up into extension to stretch the muscles on the bottom of your wrist and forearm.
- Hold 30 (s) at end range; then slowly release the stretch.

