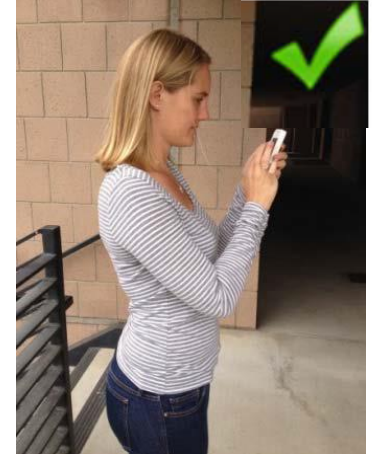


## ERGONOMIC TIPS FOR THE USE OF HAND-HELD DEVICES

- ✓ Keep your head up in a neutral position as much as possible, with your elbows relaxed below your shoulders.
- ✓ Try to avoid using your thumbs.
- ✓ Write fewer and shorter messages. Use the devices dictation software if available.
- ✓ Take frequent breaks from typing. Don't type for more than a few minutes at a time.



The American Physical Therapy Association recommends the following hand exercises:

1. Tap each finger with the thumb of the same hand. Repeat 5 times.
2. Alternately tap the palm of your hand and the back of your hand against your thigh as quickly as you can. Repeat 20 times.
3. Open up your hands and spread your fingers as far apart as possible. Hold for 10 seconds and repeat 8 times.
4. Fold your hands together; turn your palms away from your body as you extend your arms forward. You should only feel a gentle stretch. Hold for 10 seconds and repeat 8 times.
5. Fold your hands together; turn your palms away from your body as you extend your arms overhead. You should feel a stretch in your upper torso and shoulders to hand. Hold for 10 seconds and repeat 8



1



2



3



4



5