

THE EFFECTS OF CELL PHONE USE ON THE MUSCULOSKELETAL SYSTEM

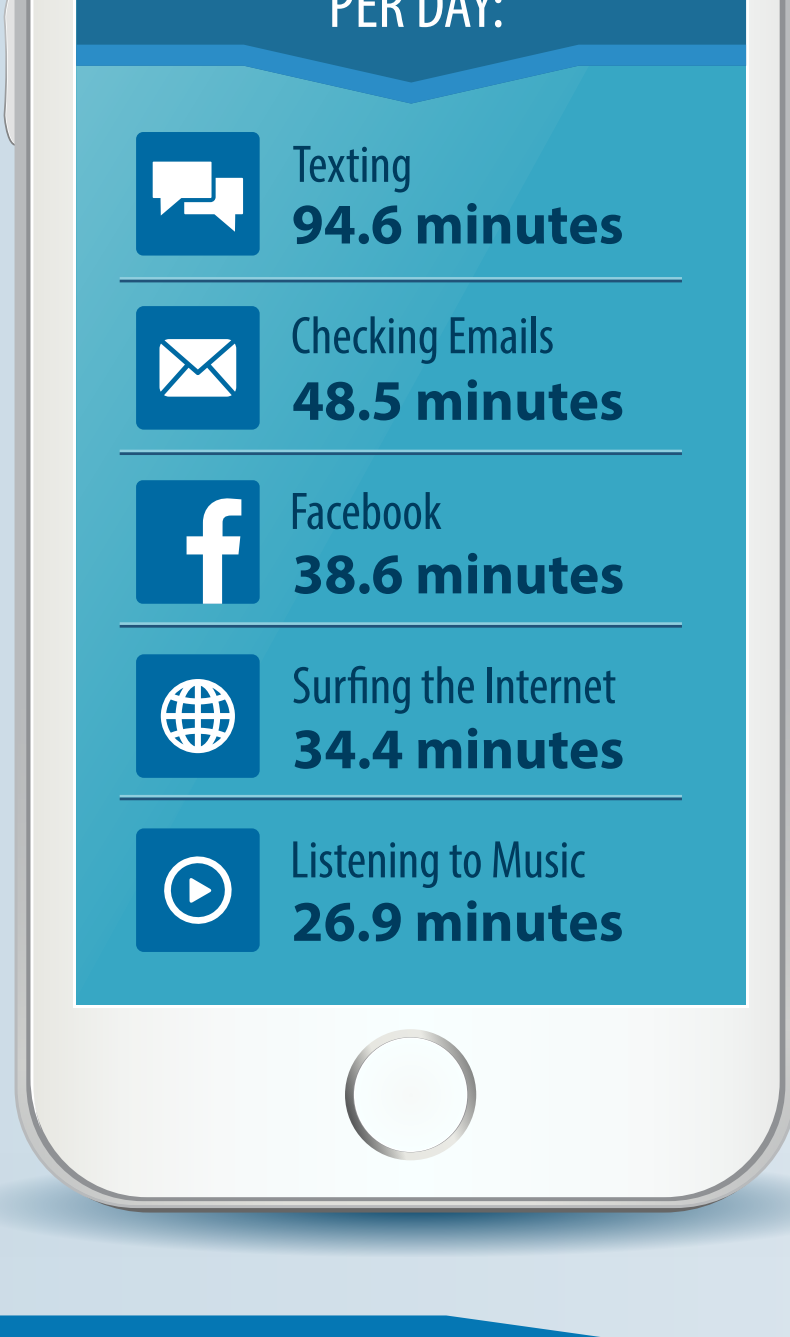
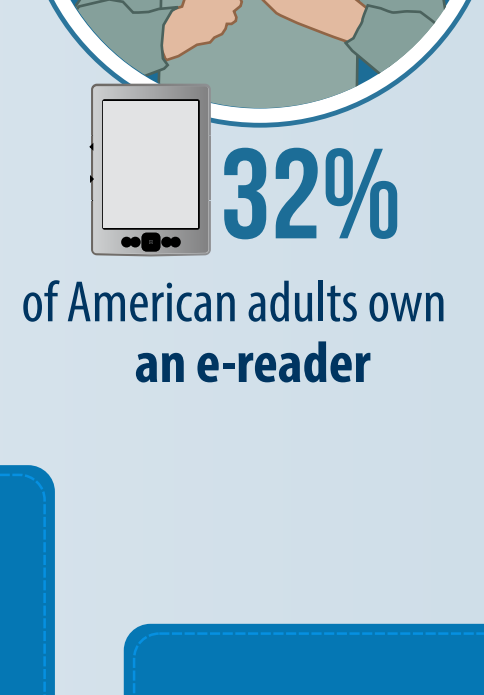
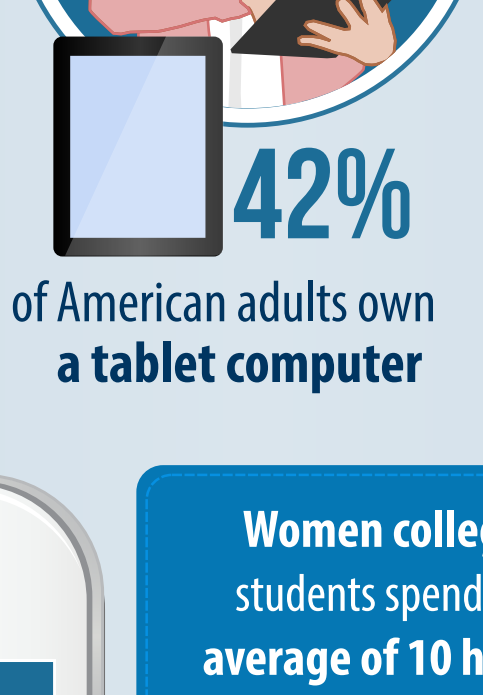
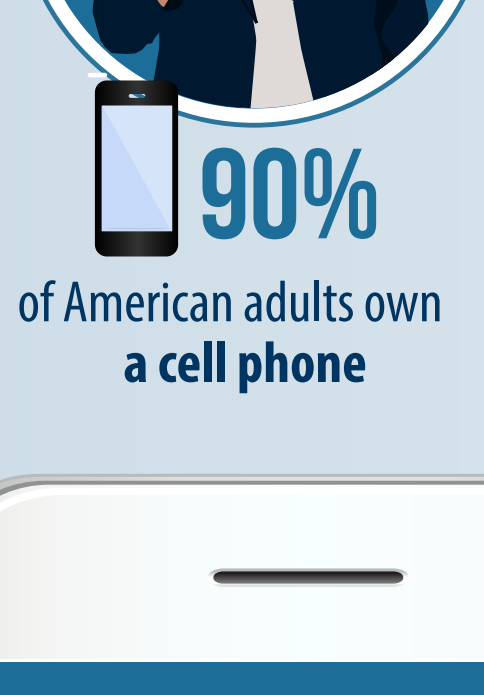


Cellular phones have changed the way we interact with each other and the world around us.

But as we continue to look to our phones for more information and updates, it may be taking a toll on the human body, specifically our musculoskeletal system.

THE FACTS

As of January 2014:



Women college students spend an average of **10 hours** a day on their cellphones

Men college students spend nearly **8 hours** a day on their cellphones

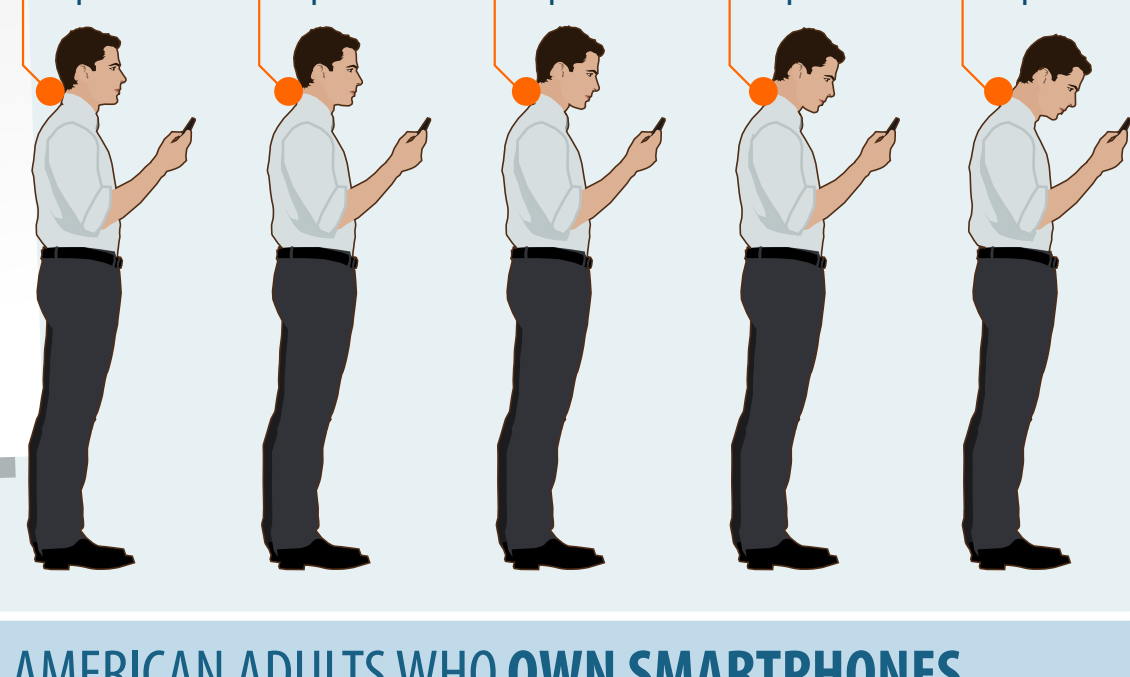


U.S. smartphone owners aged 18 to 24 send **2,022 texts per month** on average
67 texts on a daily basis and receive another 1,831.

THE ISSUES

Spine

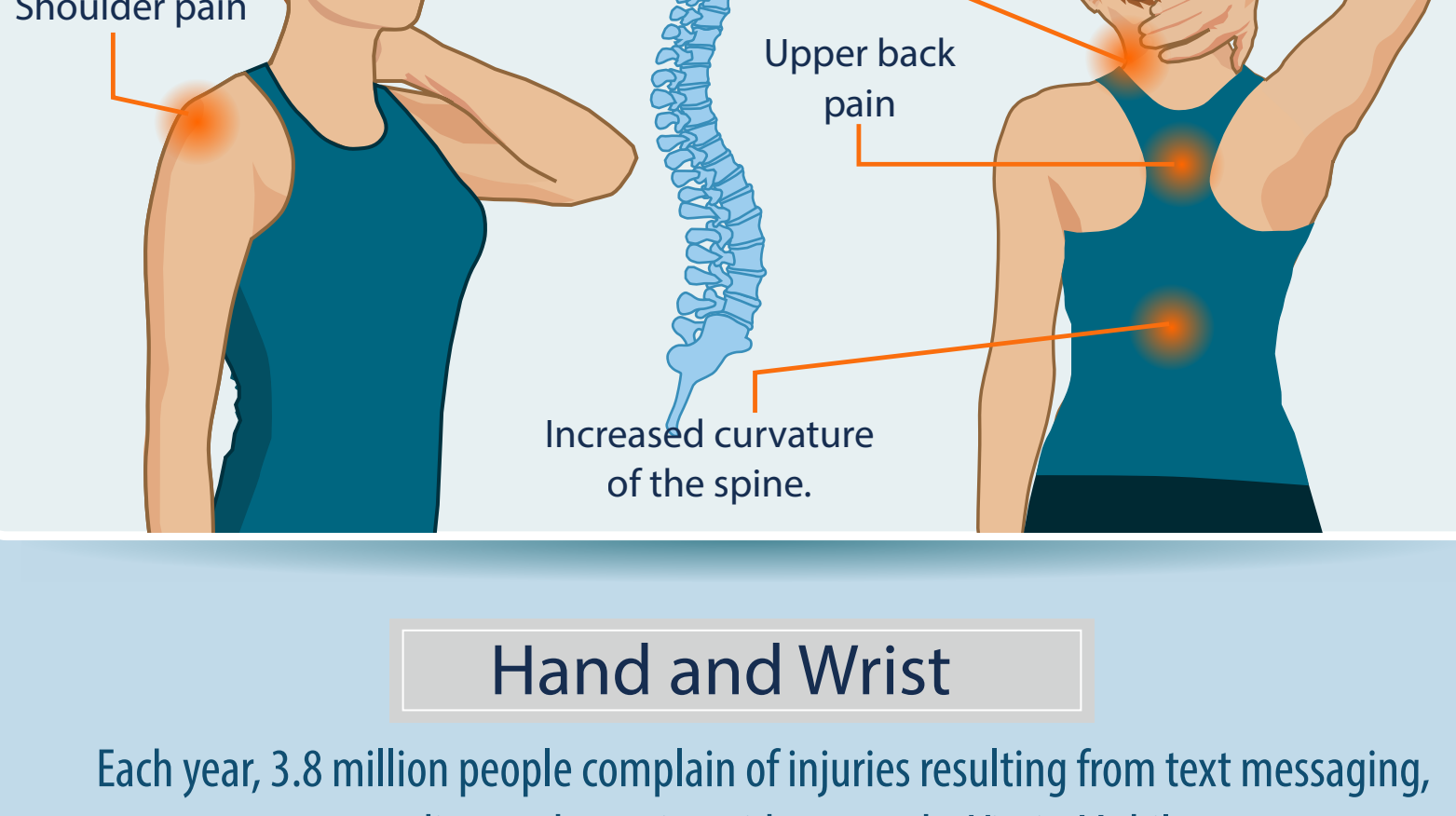
A recent study in the journal *Surgical Technology International* quantified the problem showing the added pressure cell phone use adds to our necks:



58% OF AMERICAN ADULTS WHO OWN SMARTPHONES ARE AT RISK FOR "TEXT NECK"
(poor posture as a result of continual cell phone use leading to early wear-and-tear on the spine, degeneration and even surgery) according to the Washington Post

Text neck is the term used to describe the injuries and pain sustained from looking down at wireless devices for too long.

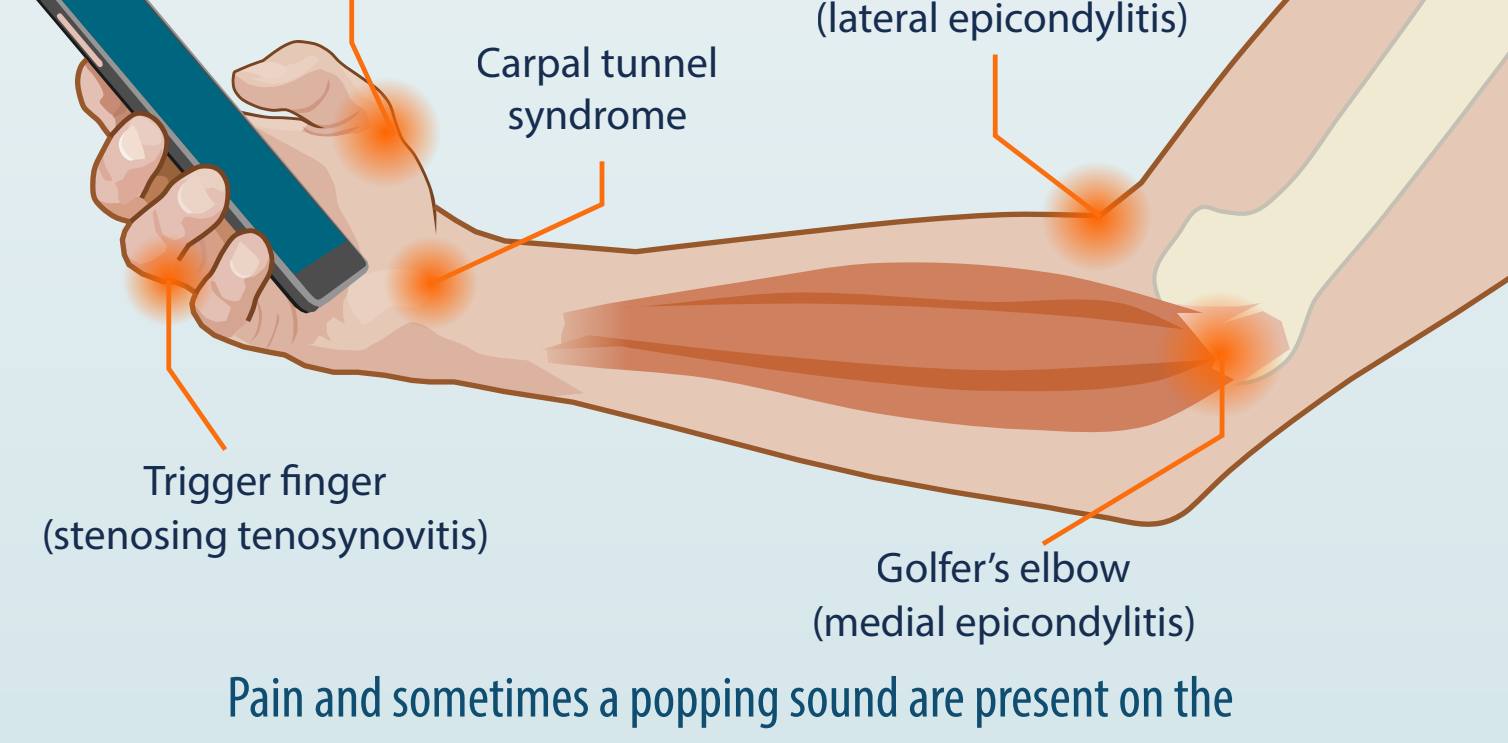
The symptoms associated with text neck are:



Hand and Wrist

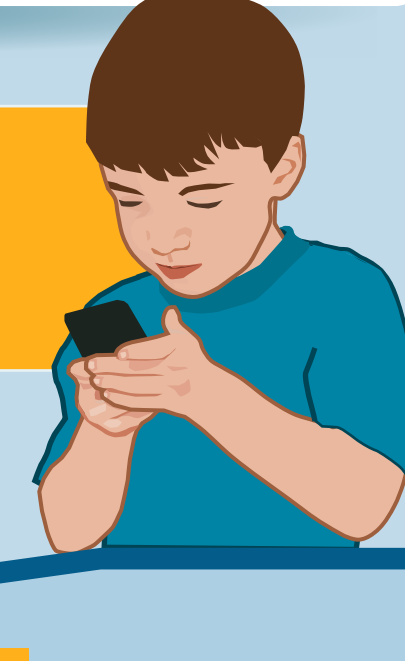
Each year, 3.8 million people complain of injuries resulting from text messaging, according to the nationwide survey by Virgin Mobile.

Texting Thumb is a repetitive stress injury affecting the thumb and wrist. Goes by other names you may have heard of:



Pain and sometimes a popping sound are present on the outside of the thumb at or near the wrist. Texting Thumb is technically known as De Quervain's syndrome.

When questioned, children often admit to having physical complaints during video game playing, for example, **pain in the hands and wrists, back and neck.**



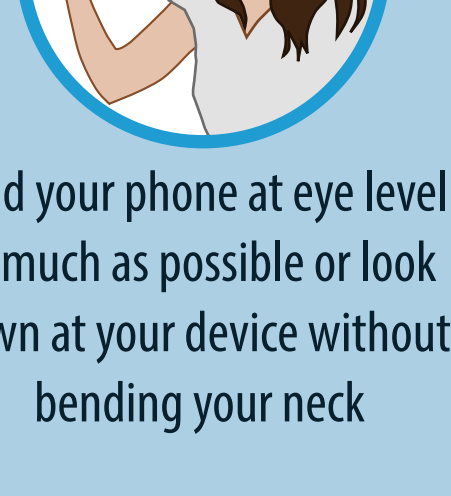
THE SOLUTION

The solution for "text neck" and "text thumb" may seem simple: stop using your mobile device as much.

Sometimes, though, we need to look at our phones for periods of time.

To help prevent injuries, follow the tips below as outlined by our orthopaedic experts.

Treating Text Neck



Hold your phone at eye level as much as possible or look down at your device without bending your neck



Take breaks from your phones and laptops throughout the day



Practice good office ergonomics

Exercise:



Move your head from left to right several times.

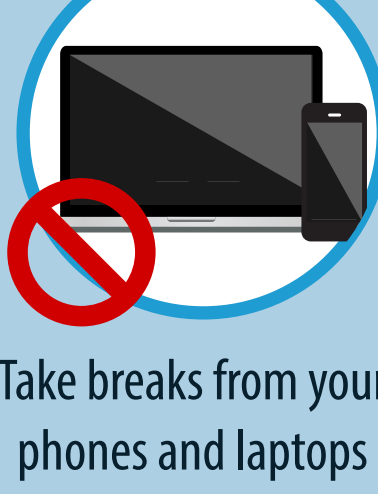


Use your hands to provide resistance and push your head against them, first forward and then backward.



Stand in a doorway with your arms extended and push your chest forward to strengthen the muscles for good posture.

Treating Text Thumb



Take breaks from your phones and laptops throughout the day



Use your phone's voice-to-text feature to give your fingers a break



Try typing with a stylus to cut down on repetitive motion on your thumb(s)



Switch hands occasionally so one hand isn't continually doing all the work



Place your phone on a table and type from there to decrease irritation



Try not to use the same muscle for other activities (texting vs. playing a game)

If the treatments above are unable to provide relief, consider scheduling an appointment with an orthopaedic specialist.

HAND SPECIALISTS



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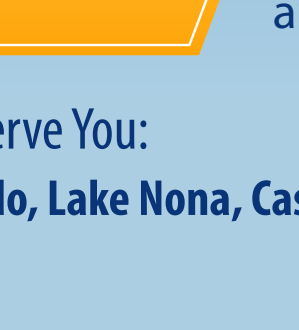
SPINE SPECIALISTS



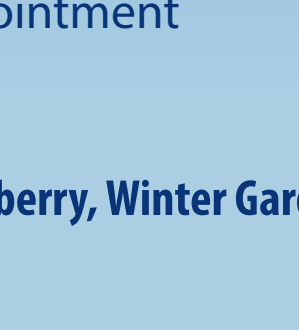
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Call **407-254-2500**

to schedule your **Same Day, Next Day** appointment

8 Convenient Locations to Serve You:

Downtown Orlando, Winter Park, Sand Lake, Lake Mary, Oviedo, Lake Nona, Casselberry, Winter Garden



OrlandoOrtho.com

Sources:

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