

# Physiotherapy Tips for Handheld Devices



For millions of users, handheld electronic devices (also called PDAs) are a source of convenience and efficiency. But, if used improperly, they also can be a source of pain and injury.

To make sure your PDA gives you a helping hand and not a hurting one, consider the following:

- Take frequent breaks from your PDA. It's harmful to type for more than a few minutes at a time.
- Write fewer and shorter messages - learn to abbreviate your responses.
- Try to avoid thumb-typing; use your other fingers to type.
- If possible, place a support in your lap so your wrists are in a more upright position and not flexed or bent.

Do simple exercises, such as the following:



Tap each finger with the thumb of the same hand. Repeat 5 times.



Alternate tapping your palm and back of your hand against your thigh as quickly as you can. Repeat 20 times.



Open up your hands and spread fingers as far apart as possible. Hold for 10 seconds. Repeat 8 times.



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. Repeat 8 times.



Fold your hands together; turn your palms away from your body and extend your arms overhead. You should feel the stretch in your upper torso and shoulders to hand. Hold for 10 seconds. Repeat 8 times.