

# Is Your Phone Killing your Hands?

**Texting thumb & smartphone pinky** *may not be medical terms, but the culprits are real.*



- ✓ *Overusing your thumbs when texting and one-handed swiping or scrolling can lead to serious **pain** in the thumbs and wrists.*
- ✓ *Over time, holding your phone on your pinky finger can contribute to **pain and numbness** in the pinky, hand or wrist.*

*You can't live without your phone, but you can't live without your hands.  
What to do?*

**Try these pro tips and start loving your ergonomic life!**



Use a finger strap or grip for passive holding



Use your index finger for scrolling



Use voice-to-text instead of your thumbs



Use a swipe app  
*(p.s. it's faster too!)*



Support your arms and use 2 hands to text

## Rule your Life.

Take sips of **rest**, just like you take sips of water.

Set down your phone and rest hands often **frequently**.

Have other questions about **Lifestyle Ergonomics**?

Get **personalized recommendations** for your arsenal of devices, your home office and much more. Book a virtual consultation with a professional ergonomist at **Learn Ergo**.

