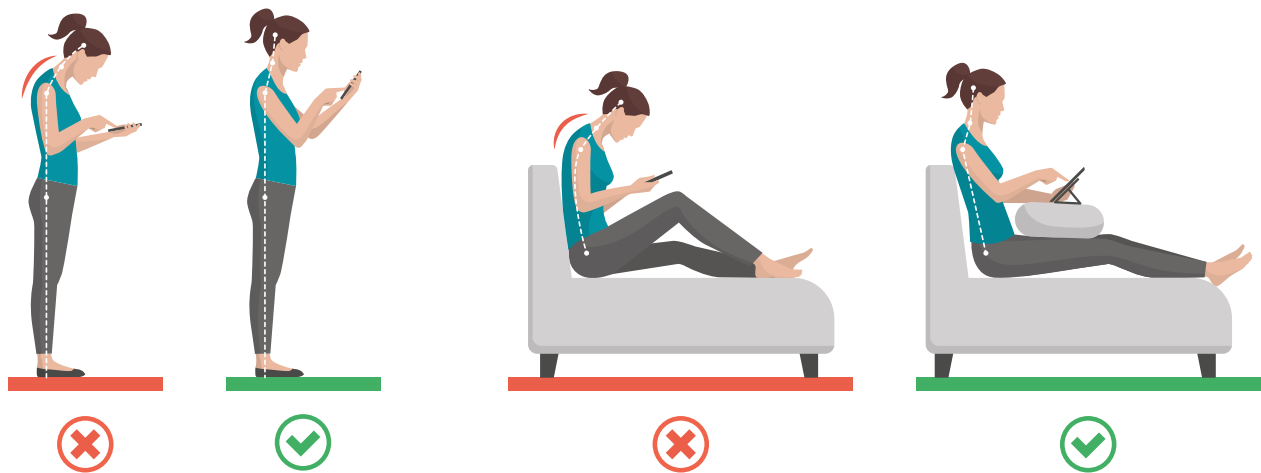




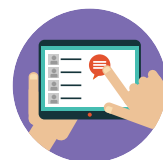
# How You Hold Your Smart Phone Impacts Your Musculoskeletal Health



Good posture means standing, walking, sitting and lying in positions that put the least amount of strain on supporting muscles and ligaments, especially during movement or weight-bearing activities. Doing so prevents strain, overuse injuries, backache and muscular pain. And – it makes you look good!

Neutral posture is preferred when reading text or texting on your smart phone. “Neutral” means the head and upper trunk are aligned with the rest of the spine.

Did you know that the repetitive motions used with your smart devices can take a toll on several parts of your body? Repetitive strain injuries associated with talking, texting and swiping on mobile devices are on the rise. [Learn more](#) about what you can do to reduce the impact on your health.



Source: [Hansraj, Kenneth. \(2014\). Assessment of stresses in the cervical spine caused by posture and position of the head. Surgical technology international. 25. 277-9](#)