



Physiotherapists:  
The Body Specialists

# Physio Tips

**HIGH  
TECH  
INJURIES**

Physiotherapy Association of BC

## HIGH TECH INJURIES

The plethora of new high tech and wireless devices on the market, particularly touch screens, has prompted the Physiotherapy Association of BC (PABC) to remind everyone that improper use can result in painful and possibly disabling ailments.

These ailments were originally connected to overuse of computer keyboards and mice, and much has been done to educate the public about ergonomics and the correct way to use a keyboard and mouse.

PABC stresses that the same basic rules of ergonomics and good posture also apply to touch screens and other new high tech devices so prevalent in today's marketplace.

Whether it's a touch screen personal computer, a mini notebook computer, or a "smart" phone, it's of paramount importance to minimize strain on the body.

Often these devices are used for long periods of time in awkward positions which can lead to stiffness, muscle and joint pain and other musculoskeletal problems that can take months to recover from.

Here are some tips for preventing injury while using the new technology.

- Maintain correct posture. If you are using a personal computer with a touch screen find a comfortable position that doesn't put strain on your arms, shoulders, and hands. If using a hand held device don't slump over it.
- Change your position frequently and take frequent breaks. Get up and move around.
- Type and tap slowly and softly. Don't hit your touch screen forcefully.

If you do find yourself in discomfort or pain decrease the amount of time you are using your touch screen or other high tech device, or stop altogether. Consult a physiotherapist, an expert in evaluating and restoring physical function.

Physiotherapists can help relieve the symptoms brought on by improper usage and advise you on how to modify your use of high tech devices to prevent further damage.

Physiotherapists are experts in movement and mobility, body mechanics, muscles and joints. They will help develop an exercise program specially-tailored to your needs, putting together the right combination of activities to improve physical fitness and avoid injury.



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