

Portable Communication Device

Portable input devices including smart phones can lead to pain and discomfort due to the posture needed to use them. To minimise problems, follow this simple advice.

Look away from the screen regularly to relax eyes.
Consider increasing font size.

Avoid lengthy input periods.
When large amounts of inputting is required - use a PC or laptop.

Vary the fingers you use and stop frequently to stretch.

Consider using an external keyboard.

To reduce typing, consider calling instead.

Hold device up to reduce bending of the neck.

