

Self-Care Corner

Avoid the aches and pains of technology

You can prevent BlackBerry thumb and text neck—new ailments that came with devices such as smartphones and BlackBerries and their small keyboards, advises the American Chiropractic Association.

- Avoid typing for more than 3 minutes without a break.
- Keep messages short and simple; abbreviate.
- Practice using other fingers for typing, especially when thumbs hurt.
- Don't slouch when texting.
- Keep wrists upright, straight and close to the body when holding a device.
- Don't bend your neck excessively when texting; tuck your chin in instead and look down.
- Turn your devices off on the weekends (or at least on Sunday).
- Get outside, exercise and enjoy nature too. Balance is key to staying healthy.

For more tips on proper use of technology and good health, visit www.TechnoHealthy.com.