

Exercises and Stretches to Ease Smartphone Induced Pain

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Introduction

Today, usage of Smartphone has been increased a lot and many of them are treating the Smartphone as a part of their life. Day-by-day, variety of Smartphone are being launched into the market and thereby people are getting attracted towards them. People have many advantages by using a phone, but at the same time there are many disadvantages if they get addicted to the Smartphone usage. These days, most of the Smartphone users have complaints due to vigorous usage of Smartphone like texting, reading, etc. The users might get neck bone related problems due to constant bending of your head for texting or reading something from your Smartphone. As the sales of Smartphone continue to rise in today's market, meanwhile, the health problems of people are also increased. This heavy Smartphone usage leads to a serious health problems i.e. postural problems and psychological problems. This article helps to take preventive tips and steps to handle the posture problems. These tips and simple yoga stretches to keep users safe from any health hazards and overcome the problems by using Smartphone.

Exercises and Stretches for Hands

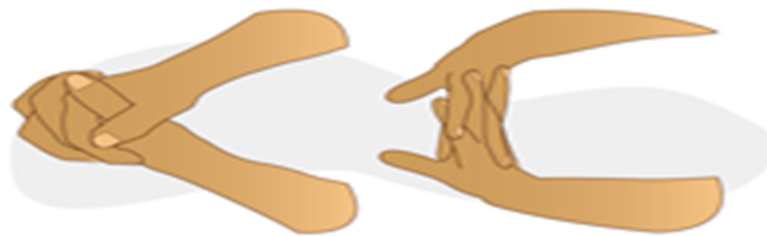
1. Lightly press the back of your hands against each other at chest level. Then put your palms against each other at chest level. Hold each pose for 10 -15 seconds.



2. Place your hand on hard surface, open up your hand and spread your fingers as far apart as you can. Hold for 10 seconds repeat 8 times.



3. Interlace your fingers; turn your palms away from your body as you extend your arms out in front of your body. You should feel a gentle stretch. Hold for 10 seconds. Repeat 8 times.



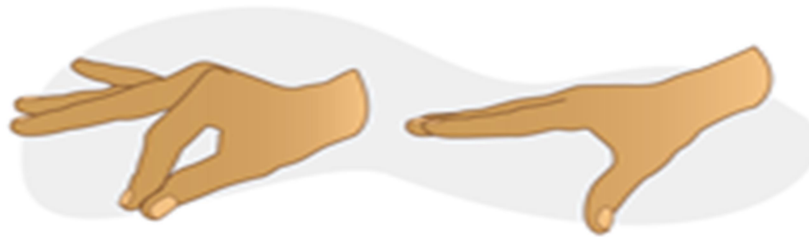
4. Interlace your fingers; turn your palms away from your body and extended your arms over your head. You should feel the stretch in your arms, shoulders, upper torso. Hold for 10 seconds. Repeat 8 times.



5. Alternate light tapping you palm and back of your hand against your thigh as fast as you can. Repeat 20 times.



6. Tap each finger with the thumb of the same hand. Repeat it for 5 times.



Exercises and Stretches for Shoulders

1. Ear Pulls and Massage:

Begin with pressing your ears from the top and right down to the lobes. Pulling them out a couple of times and rotating them clockwise and anti-clockwise will release all the pressure around them.

2. Stretching arms:

Stretch up the arms over your head with the palms facing the sky and push them up towards the sky. As an extension of this stretch, spread your arms out on either side and pull the finger back and wave a couple of times to say bye-bye to stress in the arms and shoulders.



(1)

(2)

3. Shoulder rotations:

Stretch out your arms on both side and touch the thumb to the base of the little finger. Keeping the arms and hands still, rotate your shoulders clockwise and anti-clockwise 5 times each.



4. Palm Press:

Bring the base of your palms together in front of your chest. Press them hard against each other keeping your shoulders still. Press and release a couple of times. Reverse the position of the hands and repeat.



5. Elbow Eight:

Bring your hands together in front of your chest and interlace your fingers. Keeping your palms in front of your chest, move your elbows and shoulders in a wave like motion and draw a sleeping eight.



6. Thumb-Squeeze:

Brings your thumbs up in front of your chest and rotate them in both directions for a few times. Squeeze all your fingers together and release. Repeat a couple of times.



Preventives Tips for Smartphone

1. First suggestion from the doctors and researchers is to use minimum your smartphone.
2. Take Frequent Breaks while smartphone use.
3. Hold Mobile devices at eye level so that neck will not strain.
4. Stop overuse of your smart devices and limit the time you spend on your tablets and smart phones.
5. Use an alarm and keep your phone out of your bedroom.
6. Get eight hours sleep a night.
7. Remind yourself the email, text, or post is not urgent.
8. Stop multitasking.
9. Read a paper book or spend time with nature.
10. Put your phone away at dinner, movies and when out with friends.



As we all know that we are dependent on smartphone for our day-to-day work and we have to use it for more than it is recommended in that case if we are having pain or discomfort in our body we can do above mentioned exercises and yoga to keep our body running.