

Text Claw



Playing with your phone too much can hurt you. Games like Candy Crush, or just texting, can cause soreness and cramping in the fingers, wrist, and forearm.

"Text claw" is a result of using your phone too much. Most people work on their phones using their thumbs. When they do, their thumbs and wrists are in an unnatural position.

This can lead to tendonitis. Tendonitis is an inflammation of the tendons, and it can be very painful.

At least 43 percent of smartphone users have experienced thumb pain in the last five years.

Symptoms of text claw can be reduced if you use a light touch on the keypad, if you don't grip your phone too hard, and if you maintain a good posture while you use your phone.

Using a smartphone or tablet for long periods of time can cause problems with posture, and it can also cause back and neck pain.

So, if you use a smartphone, don't overdo it!

Do you think you are using your smart phone too often?