

Healthy Tips for Children

when using

Portable Electronics and Video Games

It is important that children develop good habits early on to prevent hand and wrist injuries in adulthood. Healthy techniques learned at a young age can carry over into other aspects of life where there is a similar injury risk such as sitting in front of a computer or playing musical instruments.

- Use a neutral grip (straight wrist) when holding the controller.
- Take a break every hour or switch to another activity.
- Make sure the monitor and keyboard are at the correct height:
 - The top of your head should be at the same level as the top of the monitor
- Keyboard height should allow wrists to be neutral (straight) and forearms parallel to the keyboard surface.
- Place pillows on lap to rest forearms when using hand held devices.
- Do not sit back on knees.
- Sit in an appropriate chair that allows feet to be on the floor and also provides good back support.
- When using a mouse, switch hands frequently.
- Frequently shift eyes to focus on an object far away to help reduce neck and eye strain.
- Take frequent "time-off " breaks for stretching arms up in the air and fingers wide apart. These stretches should never be painful when performing.

* Please do not hesitate to contact us if you have questions *