

Smartphone injuries and importance of regular exercise to prevent injuries

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Aim: The presentation in detail includes Introduction to smartphone injuries , Effect of electromagnetic waves on human brains , Effect on human's upper extremities, back and neck caused by handheld devices, Effect of smartphones on drivers , Advantages and disadvantages of using smartphones and HHDs , Can people live without cell phones? , Solutions to mitigate impact of cell phones and mobile devices on human health and life

Method: Literature review study and evidence based practices to avoid repetitive musculoskeletal injuries from hand held devices. The contents are derived from different articles published in different years regarding the smartphone injuries

Result: Case study conducted for patient with neck pain improved drastically by decreasing the use of smartphone and exercises

Conclusion: repetitive injuries resulting from smartphones can be avoided and decreased by the less use of smartphones and regular exercises

Biography

Maya Perumbel John is working as a physiotherapist from 1999. Present she is working at Al Ain Hospital. She handle mostly neurological and neurorehabilitation cases. The above topic derived during her assessment of patients, both middle aged and geriatric age groups who were diagnosed with neck pain.

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