

Children experience wrist and finger pain when using gaming devices and mobile phones over time

May 25 2011

For the first time, results on the impact of gaming devices on finger and wrist pain in children were presented today at the EULAR 2011 Annual Congress. Data comparing two schools in the USA demonstrate that young children experience high levels of pain following long term use of gaming devices and mobile phones indicating that excessive gaming may negatively impact on joint health.

The study, involving 257 students, highlights that a higher degree of [pain](#) was experienced with the use of gaming devices compared to mobile phones. Pain reported by [children](#) using Xbox and Gameboy was statistically higher than pain reported for the [iPhone](#) ($p=0.036$ and $p=0.042$ respectively). Importantly, the length of time spent on the devices heightened the pain suffered, as the data demonstrated that length of time was independently associated with the pain reported, with the odds of reporting pain increasing by two (95* CI [1.50, 2.89, p

Citation: Children experience wrist and finger pain when using gaming devices and mobile phones over time (2011, May 25) retrieved 26 April 2024 from <https://medicalxpress.com/news/2011-05-children-wrist-finger-pain-gaming.html>

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