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TEXT NECK

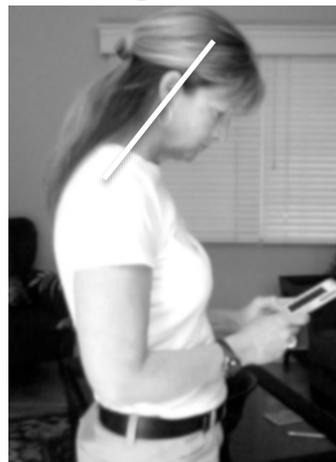
Why does my neck hurt using my smartphone?

If you have neck or shoulder discomfort while using your mobile devices or smart phone, you are not the only one. The forward head posture that is assumed while using our mobile devices or smartphones is not the natural position that our neck was designed to be in. The natural position for our neck is for our head to be held over our shoulders. This natural or neutral posture allows the joints in the spine to be in good alignment and reduces the work of our neck muscles and shoulder muscles while holding up our head. Our head weighs between 10-15 pounds and when we hold a forward head posture or look down for long periods of time we are asking our muscles to work much harder than they should, which overtime can lead to neck pain and pain in the muscles on the top of our shoulders.

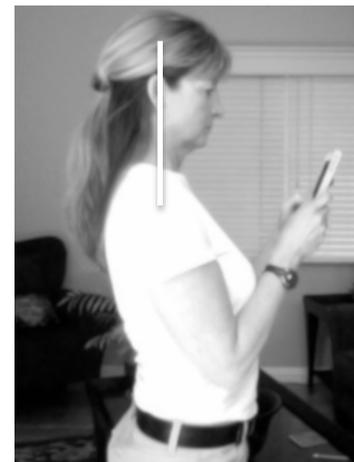


Try a few of the following suggestions:

- Hold your phone close to your body and at approximately eye level. To do this keep your elbows close your body, bend them so your phone is now eye level.
- If sitting on a couch or chair, provide yourself with good back support (a pillow will work), then place pillows on your lap to support your arms and raise your phone closer to eye level. This also works well when using your iPad or laptop as well.



Poor Posture



Better Posture



Chin Tuck Stretch

- Be mindful of holding your head over your shoulders and frequently perform chin tucks. A chin tuck is a simple stretch that can counteract poor posture. With your head level, simple pull your chin back (like you would be making a double chin), hold a few seconds, and repeat 5-10 times or more as needed.
- If your phone or device has a dictation program, use it!!
- Call or use voice messaging instead of leaving lengthy text messages