

Do you suffer from “Text Neck” ?



“Text Neck” is referring to the obnoxious pain in your neck that could be caused from texting too much.

Text Neck is caused by holding the upper back and neck in an abnormal position for a long period of time resulting in too much strain on the spine.

“It is identified as overuse syndrome involving head, neck, and shoulders resulting in strain on the spine from looking in a downward position at hand held devices like cell phones, e-readers, mp3 players and computer tablets.” Remarked Chris Cornett, M.D. orthopedic surgeon and spine specialist. He talked about how this over use results in an increase in fatigue, stress on the muscles and even headaches. Also about how every forward movement someone makes with their head increases its’ weight, resulting in Text Neck. If you do not treat or discontinue the progression of text neck, it will worsen, causing an increase in the injury and discomfort, while possibly damaging structures in your neck such as discs and joints.

There are many ways to get rid of Text Neck.

- ◆ Modify the position of the device so instead of you bringing your head down to it, it should be brought up to your head.
- ◆ Take breaks from using the device.
- ◆ Maintain a strong and flexible back and neck by keeping fit.
- ◆ getting adjusted by a chiropractor.

