



August 2023 Issue

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(402) 614-5677

Tech Neck

My younger daughter has had a tooth missing for many months and she is very worried there isn't going to be a new tooth coming in. She has been bugging me for weeks to take an x-ray to check and make sure there is a tooth ready to come in. True Dad fashion I have been putting it off because I'm confident there is a tooth up there and she just needs to wait. Finally, she got the best of me, and we took an x-ray. Not only did I find a tooth up there, but I noticed the curve in her neck is starting to be straight and moving away from normal. So, she is going to end up with more than she bargained for because I'm going to have her start using the neck wedge to combat the stress being placed on her neck.

The normal curve in the neck should arc forward like a banana and is called a lordosis. It mimics the same curve that is in the lower back and is antagonistic to the upper back curvature. The curve is like a shock absorber and allows for proper range of motion along with stress distribution. When this curve is maintained the discs in the cervical spine have normal pressure placed upon them and will maintain their height.

I recommend keeping an eye on the habits we keep with our electronic devices because looking straight down as we hold our device can be detrimental to the neck over time. Especially if you have younger children that are in school where most of their schoolwork is on a laptop or iPad. These postures over time will change the normal curve in the neck and speed up the degenerative

process. The other posture to watch is the telescoping neck where a person uses a computer screen, they telescope their neck closer and closer to the screen. This over time will add more stress to the neck and upper back.



To combat these stressors that are very common, one of the tools I have patients use is the neck wedge. The wedge is developed by a chiropractic group that is focused on restoring curvature to the spine. It is a very simple way to combat the tech neck and relieve stress placed upon the discs. Also, a regular timed adjustment will release built up stress that can accumulate during the work or school week. Checking your posture throughout the day or watching your children's posture when they use devices can be key. A side photo can also be used by looking at the ear canal relative to the center of the shoulder to determine forward head posture. The only sure way is to take a lateral view of the cervical spine to determine the correct lordosis. Tech neck is an issue that has to be managed by all age groups so I advise you to share this information with friends and family so they can prevent themselves from unwanted harm to their neck.

Contact Kunz Chiropractic to make an appointment

(402) 614-5677

<https://www.kunzchiropractic.com>

This month's recipient of our giving back campaign is The Mid America Council of Boy Scouts which is a favorite of Colleen S.

During the month of August all new patients will receive a full exam and any x-rays needed for \$55. All the proceeds will be donated to The Mid America Council of Boy Scouts. Please help spread the word so we can raise as much as possible.

Government funded insurance carriers not included.



MID-AMERICA COUNCIL, BSA
SERVING NEBRASKA, IOWA & SOUTH DAKOTA

Mission Statement

It is the mission of the Mid-America Council, Boy Scouts of America to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Law.



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