

# Mobile phone posture hazard

OUR smartphone obsession is putting Australians at risk of becoming a nation of hunchbacks, experts fear.

Chiropractors and physiotherapists are reporting a marked increase in patients being treated for neck and shoulder complaints due to smartphone use.

Arthritis and Osteoporosis Victoria forecasts cases of arthritis and other musculoskeletal conditions will almost double to 8.7 million Australians within 20 years, with health costs estimated to be about \$4.8 billion a year.

Australian Chiropractor Association spokesman Michael Black said patients were experiencing headaches, upper back pain, sprains and muscle spasms.

“While many people are using their smartphones and tablets, it appears their postural positioning has transformed people to developing rounded shoulders and forward head carriage leading to upper neck and upper back pain, resulting in headaches or migraines.” Dr Black said.