

Smartphones are a hazard for posture

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 the number of 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 around \$4.8 billion a year.

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Australian Chiropractor Association spokesman Dr 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 that their ‘normal’ postural positioning has transformed people to developing rounded shoulders and subsequent forward head carriage leading to upper neck and upper back pain, resulting in headaches or migraines.”