

# Text Neck IS REAL!



## TEXT NECK (noun)

Overusing your neck, back and shoulder muscles causing strain on your spine. Usually occurs when looking forward and downward for extended periods of time on any mobile device or object, such as a computer, e-reader, etc.

While technology can add convenience to our lives, there is no doubt that texting can be a pain in the neck!

### ONE THE FACTS...



With an average adult head weighing 10-12 pounds, tilting the head down increases the gravitational pull on the skull.



Long-term forward neck posture may lead to long term muscle strain, disc herniation and pinched nerves.



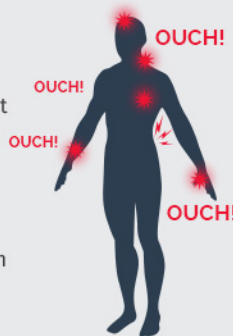
**IDEAL POSTURE:**  
ALIGN your ears with your shoulders and retract your shoulders.



The force exerted on an adult's head when viewing something at 60 degrees is equivalent to 60 pounds (average weight of an 8-year-old).

### TWO OUCH!

These strains on your body are bound to take a toll on health over time, especially with the amount of time most people spend on phones. With the potential for "text neck," spending extensive amounts of time on your phone may be causing neck, back, head and overall health problems.



### THREE THE FIX?

#### TECHNOLOGY IS EVERYWHERE!

Make some adjustments to your lifestyle and protect your health.

Set boundaries that work for you.



No phones during meals



No texting while in the car or at work



No mobile devices in bed

Maintain a neutral spine whenever using technology.



Visit us for checkups to ensure you maintain your health.

As your chiropractor, we want to see you be the healthiest you can be so you can live a long and vibrant life.

So put down those phones and connect with those around you.