

## The Negative Effects of Texting on The Neck And Back



**Nachmias**  
**Chiropractic**

*What do 6 sacks of potatoes, 4 adult-sized bowling balls and an 8-year-old child have in common? All are equal to the amount of pressure texting puts on your neck and back.*

Sitting in front of a computer slightly hunched, for too many hours are as we all know associated with neck and back problems, but now smartphones are becoming an even worse source of stressor on your spine.

Research has shown that craning the neck over a smartphone or cell phone texting, tweeting, checking Facebook or Google+, can exert an **extra 60 pounds of weight** on the head of an adult, leading to potential spinal problems and maybe even surgery. The farther your head falls forward, the more dramatically the weight increases on your neck and spine.

“An adult head weighs 10 to 12 pounds in the neutral position. As the head tilts forward the forces seen by the neck surges to 27 pounds at 15 degrees, 40 pounds at 30 degrees, 49 pounds at 45 degrees and 60 pounds at 60 degrees.” <http://warrenchiropractic.org>.



To put this number in perspective, 60 pounds is roughly 6 sacks of potatoes, 4 adult-sized bowling balls or an 8-year-old child. That’s an enormous extra weight on your neck and of course very unhealthy for your spine.

### **How To Prevent Negative Effects On The Neck And Back From Texting?**

First and foremost, if you suffer from neck and back pain, headaches, stiffness and soreness, you should go and get a spinal adjustment with Dr. Adam Nachmias at Nachmias Chiropractic as soon as possible. With only one treatment he will align your spine and relieve you from pain and stiffness.

Second, a good posture is important to prevent pain from coming back. A good posture is when the ears are aligned with the shoulders and shoulder blades. Dr Adam will show you exactly how to position your body.

Unless you train yourself to stare straight ahead into your iPhone screen, you could be continually stressing your spine. Also using gadgets at eye level when possible to reduce the stress on your neck and spine is recommended. Finally you can shift your bottom forward and lean your back against a chair while sitting, so your body naturally lowers and your eyes align with your device. Rest your arms on your chair for extra support.

Don't suffer in silence...Book your chiropractic treatment today!  
call any of our offices:  
Brooklyn: 718-832-7300  
Manhattan: 212-924-1700

Or book your appointment online here:  
<http://calldradam.com/contact/book-online/>

**Welcome to come and prevent or treat spinal problems from texting  
at Nachmias Chiropractic!**