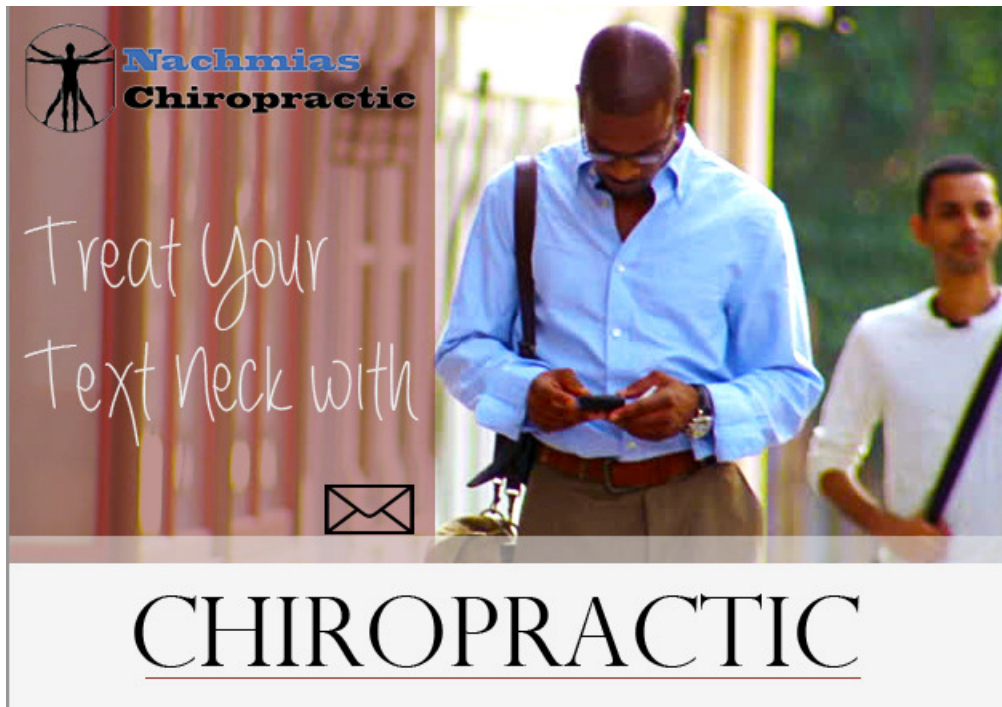


## Treat Your Text Neck with Chiropractic



*Text neck is the term used to describe neck pain and damage sustained from looking down at your cell phone, tablet, or other wireless devices, too frequently and too long.*

This posture of bending your neck to look down, doesn't occur only when texting, and has been a problem for many years. For example, we all have to look down to read, depending on the position we're in. The problem with texting, being on Facebook or other apps, is that it adds one more activity that causes us to look down. We also tend to do it for much longer periods in this modern technique era, with cell phones that sometimes work better and more efficient than computers. It's especially alarming, because young growing children could possibly cause permanent damage to their cervical spines, which could lead to lifelong neck pain.

### **What are the Symptoms Associated with Text Neck?**

Text neck most commonly causes neck pain and soreness. In addition, looking down at your cell phone too much each day can lead to:

- Upper back pain, ranging from a chronic nagging pain, to sharp severe upper back muscle spasms.
- Shoulder pain and tightness, possibly resulting in painful shoulder muscle spasm.
- If a cervical nerve becomes pinched, pain and possibly neurological symptoms can radiate down your arm and into your hand

(Source: spine-health.com)

*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. Read more: <http://calldradam.com/wp-content/uploads/2014/08/The-Negative-Effects-Of-Texting-On-The-Neck.pdf>*

## **How Can You Treat Text Neck?**

First, prevention is key. Here are several pieces of advice for preventing the development or advancement of text neck:

- Hold your cell phone at eye level as much as possible. The same holds true for all screens; laptops and tablets should also be positioned, so the screen is at eye level and you don't have to bend your head forward, or look down to view it.
- Take frequent breaks from your phone and laptop throughout the day. For example, set a timer or alarm that reminds you to get up and walk around every 20 to 30 minutes.
- If you work in an office, make sure your screen is set up so that when you look at it you are looking forward, with your head positioned squarely in line with your shoulders and spine.

Second, visit Nachmias Chiropractic and get a spinal adjustment by Dr. Adam Nachmias as soon as possible. With only one treatment Dr. Adam will align your spine and relieve you from pain, stiffness and soreness. If you know that you're hunching down a lot, and have to keep doing it because of work etc., we recommend you to come and get regular chiropractic check ups and treatments.

Until July 2<sup>nd</sup>, 2016, you can take use of our **“Spring Into Health Campaign” and get 3 chiropractic adjustments/therapies for \$75 only**. Follow the link and print the ad. Present it to the office upon arrival, or show it online, to receive the discount:  
<http://calldradam.com/offers/>

Book your chiropractic exam and consult by calling any of our offices:  
Brooklyn: 718-832-7300  
Manhattan: 212-924-1700

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

**Treat Your Text Neck and find relief at Nachmias Chiropractic!**