

Your Smart Phone Is More Damaging to Your Neck than You Think



Text neck or turtle neck are the terms used to describe neck pain and damage sustained from looking down on your cell phone, tablet, or other wireless devices, too frequently and far too long.

Bending your neck to look down has been a problem for many years and does not occur only when texting, but pain symptoms related to this bad posture have increased tremendously the last decade due to over-use of smart phones, tablets and lap tops.

We all have to look down to read, depending on the position we are in. The optimal position when reading, texting or browsing the Internet, would be keeping the book or equipment at eye-level position. Of course this would be the ideal position in a perfect world. However, if you are not a chiropractor or physiotherapist, you may not be aware of this.

The problem with texting or browsing your phone is that it adds one more activity that causes us to look down. Also, people tend to do it for much longer periods in this modern technique era with cell phones, iPads, and lap tops that sometimes work better and more efficient than regular stationary computers.

The especially alarming factor is that 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, headaches or migraines, and soreness. In addition, looking down at your cell phone or tablet 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.

In fact, research has shown that craning the neck over a smart phone 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 (source: spine-health.com).

Good Advice to Prevent Text Neck

Like we touched base on in the beginning of this article, there are some preventative measurements you can take to avoid text neck:

1. 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 do not have to bend your head forward or look down to view it.
2. 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.
3. 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.

Find out more information about the negative effects of texting here:

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

How Can Chiropractic Help Text Neck?

With the help of chiropractic adjustments your spine can be re-aligned back to its normal position, which will relieve you from pain, headache, stiffness, and soreness. If you are hunching down frequently because of work or just love being on your phone, it is highly recommend visiting a chiropractor for regular check ups and spinal alignments.

Visit Dr. Adam Nachmias - Nachmias Chiropractic (offices in Bayridge and Chelsea, New York) as soon as possible. Dr. Adam Nachmias can give you pain relief after one treatment only, and if you continue with regular treatments, your overall health will benefit greatly from it.

Dr. Adam Nachmias is extremely good at what he does and has successfully treated patients for more than 26 years. Find out what his patients are saying about him here: <http://calldradam.com/chiropractic/patient-reviews/>

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 Get Pain Relief at Nachmias Chiropractic!