

Save Your Neck From Painful Text Neck

Text neck is the term 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.

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 Instagram, can exert an extra 60 pounds of weight on the head of an adult, leading to potential spinal problems and maybe even surgery (see illustration further down).

The farther your head falls forward, the more dramatically the weight increases on your neck and spine.

The Image Is Illustrating The Amount Of Pressure Put On Your Neck While Hunching Down Over Your Smart Phone And Tips To Avoid Text Neck

TEXT NECK

SAVE YOUR NECK FROM YOUR SMARTPHONE

A HEAVY WEIGHT FOR YOUR NECK



0 degrees	15 degrees	30 degrees	45 degrees	60 degrees
10-12 lbs	27 lbs	40 lbs	49 lbs	60 lbs



The weight seen by the spine increases when flexing the neck at varying degrees. An adult head weighs 10-12 pounds in the neutral position, and 60 pounds at 60 degrees.

4 TIPS TO AVOID TEXT NECK



- 1 Make an effort to stay in a neutral position so that your ears are aligned with your shoulders.
- 2 Simply hold your phone in front of your face while keeping your back straight
- 3 If you look down at your device do it just with your eyes.
- 4 Avoid spending hours each day hunched over and remember to take frequent breaks. 

Source: spine-health.com & facebook.com/motivationaldoc

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, headaches, migraines, 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.

Pay a visit to Dr. Adam Nachmias - Nachmias Chiropractic's offices in Bayridge or Manhattan, New York, and Dr. Adam will give you immediate pain relief. 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 28 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: 718-238-8900
Manhattan: 212-924-1700

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

Treat Your Text Neck and Get Pain Relief at Nachmias Chiropractic!