

Are Smart Phones Creating 21st Century ‘Devils’?



The prevalence of technology in our day-to-day life is shaping our lives and **bodies** in unexpected, and sometimes alarming, ways.



A recent study documented bone spurs resembling “**horns**” growing on human skulls. It was found that the spurs formed when pressure was exerted on the neck/spine when **looking down** at **smartphones** over-time.

After inspecting hundreds of **X-rays** of adults aged **18-30**, a study found **bone growths** on the back of nearly of their heads. These growths resembled **horns** – TECH NECK!

TECH-NECK?

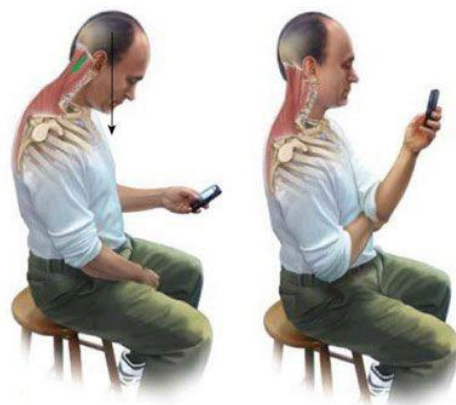
Tech-Neck is a **repetitive stress injury** to the neck caused by holding your head in a **forward/downward** position for extended periods of time. This causes excessive amounts of **tension** in the **deep muscles** of your neck and across the shoulders causing both acute and chronic neck pain, alongside poor posture. This is particularly an issue in **handheld-device users**.

THE WEIGHT OF STRAIN



Tips to Avoid Tech Neck

- Raise devices to **eye level**
- **Practice good posture** by standing straight, chin tucked in & shoulders back.
- **Download a posture app**- Tracks posture based on tilt angle of your phone & suggests useful stretches
- Set reminders to **take breaks** from your devices
- Regularly gently **stretch** your neck



Know someone experiencing neck pain?

Chiropractic can help!

Refer them to us & get a FREE treatment!