

Are You Suffering From TEXT NECK?

Definition: Overuse syndrome involving the head, neck and shoulders, usually resulting from excessive strain on the spine from looking in a forward and downward position at any hand held mobile device causing headaches, neck, shoulder and even arm pain and much more.

Synonyms: Forward Head Posture or Anterior Head Carriage

Treatment: Hold your phone at eye level and avoid craning your neck. You can also combat the effects of TEXT NECK by stretching and having regular Chiropractic adjustments.

Who is affected: Any person who regularly used handheld mobile devices while tilting their head down at an uncomfortable angle. Especially children and teens.



Children, teens and young adults are at a higher risk of TEXT NECK due to the amount of time they spend on their cell phones and tablets. The average American teenager checks their phone 74 times a day, and are texting an average of 5,000 hours per year.

The majority of us know what neck pain is. Can you imagine how painful it will be for your children as they progress through life?

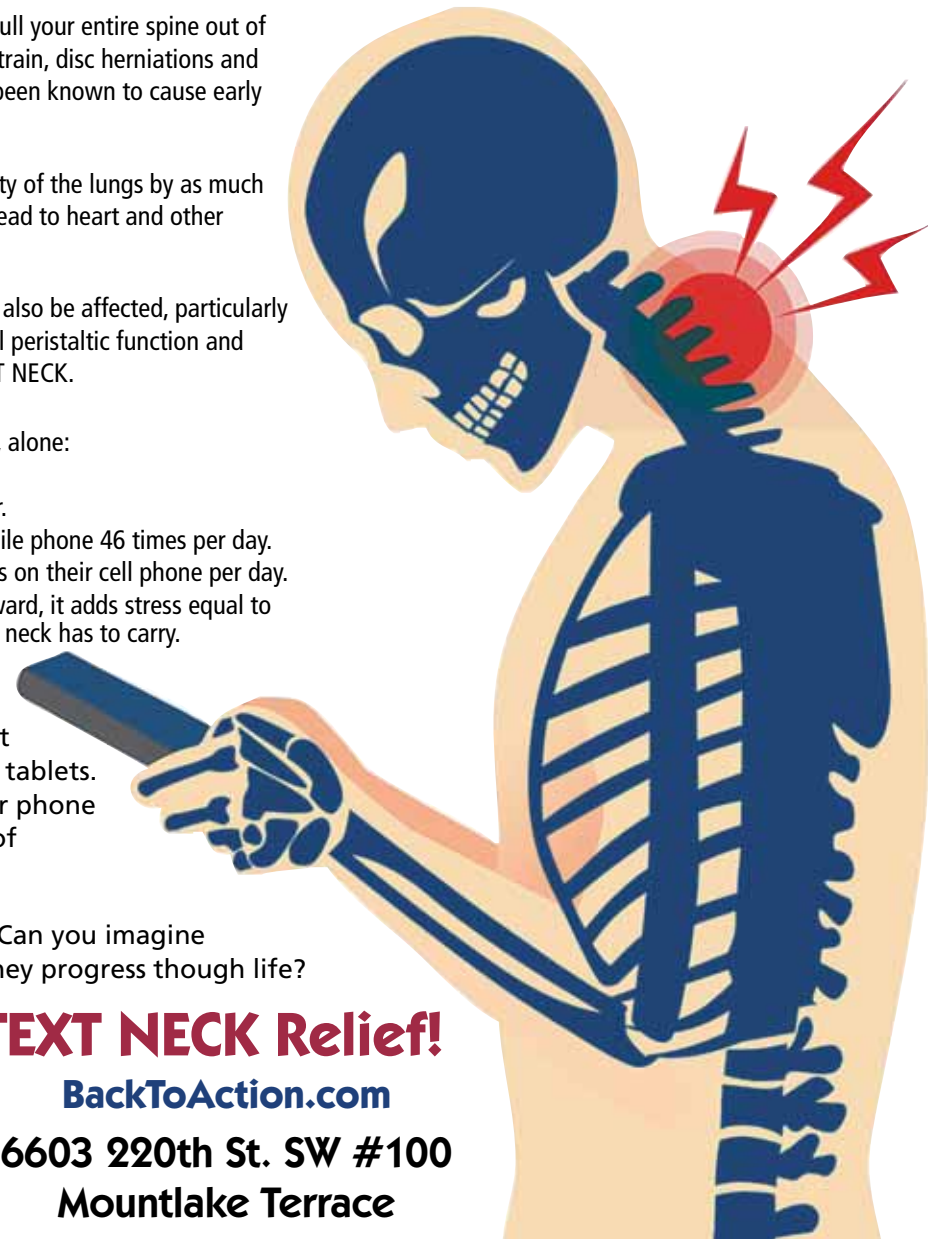
Long Term Effects: TEXT NECK can pull your entire spine out of alignment causing long term muscle strain, disc herniations and pinched nerves. TEXT NECK has even been known to cause early arthritis.

It can also result in loss of vital capacity of the lungs by as much as 30%. This shortness of breath can lead to heart and other vascular diseases.

The entire gastrointestinal system can also be affected, particularly the large intestine. Loss of good bowel peristaltic function and evacuation is a common effect of TEXT NECK.

Know the Facts: In the United States, alone:

- 6 billion texts are sent every day.
- 2.27 trillion texts are sent every year.
- An average person checks their mobile phone 46 times per day.
- The average person spends 4.7 hours on their cell phone per day.
- For every inch your head moves forward, it adds stress equal to 10 pounds of extra weight that your neck has to carry.



425-670-2600 Call us TODAY for TEXT NECK Relief!



OPEN 5 DAYS A WEEK

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