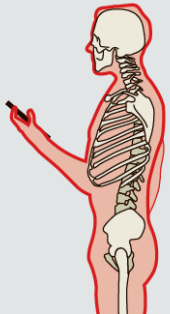
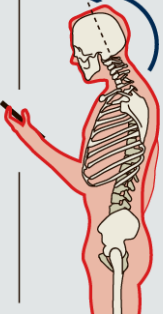
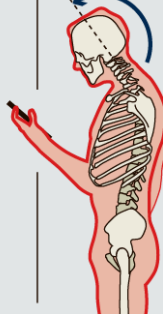
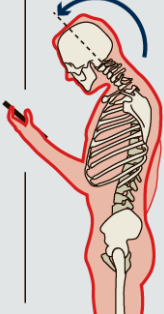
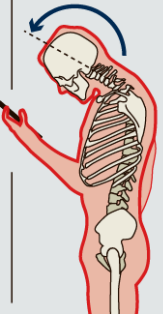


"Text Neck"

Make a resolution to put down those smart phones this year,
it will help your neck and social life!

Force on neck	10-12lb	27lb	40lb	49lb	60lb
Neck tilt	0 degrees	15 degrees	30 degrees	45 degrees	60 degrees
					

We know from Jerry McGuire that "the human head weighs 8 pounds" and actually between 8-12 pounds for an adult. I bet that you did not know, however, as the neck bends forward and down, the weight on the cervical spine begins to increase. According to research published by Kenneth Hansraj in the National Library of Medicine, at a 15-degree angle, this weight is about 27 pounds, at 30 degrees it's 40 pounds, at 45 degrees it's 49 pounds, and at 60 degrees it's 60 pounds. That's the equivalent of having a child sitting on your neck!

Think of how many hours during the day you spend looking down at your Smartphone or tablet, sending texts, reading e-mails or checking social media sites. Over time, this poor posture can lead to early wear-and-tear on the spine, muscle strain, herniated disks, pinched nerves, and even surgery.

While we can't completely avoid using our phones, follow these tips:

- Look down at your device with your eyes or hold your phone closer to eye level. No need to bend your neck.
- Stretch:
 - A) Stand in a doorway with your arms at shoulder height and push your chest forward until you feel a comfortable stretch. Hold for 20 seconds, repeat 3 times.
 - B) Standing or sitting tall pinch shoulder blades together. Hold 3 seconds, do 20 reps.



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