

Text Neck

Natural Solutions to a Modern Epidemic

What is text neck?

The term "text neck", originated by US Chiropractor Dr. Dean L. Fishman, describes a repetitive stress / overuse injury that occurs when the head is hung or flexed forward and bent down looking at a mobile phone or other electronic device for prolonged periods of time.

Text Neck is directly related to smartphone use



Why does using my phone too much give me neck pain?

- Most smartphone tasks will cause you to bend your neck in significant forward flexion while you stare down at your screen.
- This creates excessive stress through your muscular and skeletal system, causing imbalances and increasing your chance of chronic pain and spinal degeneration.
- Recent research suggests that a direct correlation exists between duration of smartphone use and severity / duration of neck pain.

Can chiropractic help me overcome text neck?

- Your chiropractor is specially trained to examine you for the presence of spinal misalignments, called "**vertebral subluxations**", which are an inevitable consequence of prolonged poor posture from excessive phone use. Subluxations in your spine will affect your central nervous system and further ingrain poor patterns of posture in your body.
- If detected, your chiropractor will use safe and effective chiropractic adjustments to restore proper spinal movement, correct your subluxations and remove nervous system interference.

ALARMING CELL PHONE STATISTICS

The average smartphone user unlocks their phone
150 TIMES PER DAY

Nearly half of smartphone users spend over
5 HRS PER DAY ON THEIR PHONES

Over 70% of smartphone users
SLEEP WITH THEIR DEVICE

NEARLY 80% OF TEENAGERS
check their phone at least once per hour

75% of mobile phone users admitted they
HAVE TEXTED WHILE DRIVING

60% OF TEENAGERS SAY
they prefer to spend time online with friends
than to interact with them in person



Text Neck is totally preventable

Text Neck responds well to chiropractic **Solutions to overcoming text neck**

- Get adjusted! Chiropractic can help relieve your neck pain, reduce stress on your nervous system and improve your posture.
- Keep your texts brief and when possible use the word prediction or auto complete tools on your phone.
- Your phone is still useful for talking! If you have a lot on your mind often a phone conversation works better than texting.
- Maintain an upright posture while texting and try to avoid bending your head down constantly.
- Take a break! Be intentional about using your smartphone for your most desired tasks and skip the hours of mindless social media scrolling or game playing.