

TEXT NECK



THE HEAVY WEIGHT OF TEXTING TOO MUCH

WHAT IS TEXT NECK



CERVICAL SPINE



This injury is caused by a **constant forward head position**, not in line with your center of gravity, which causes increased stress in the cervical spine, or neck.

HOW DOES IT EFFECT ME?

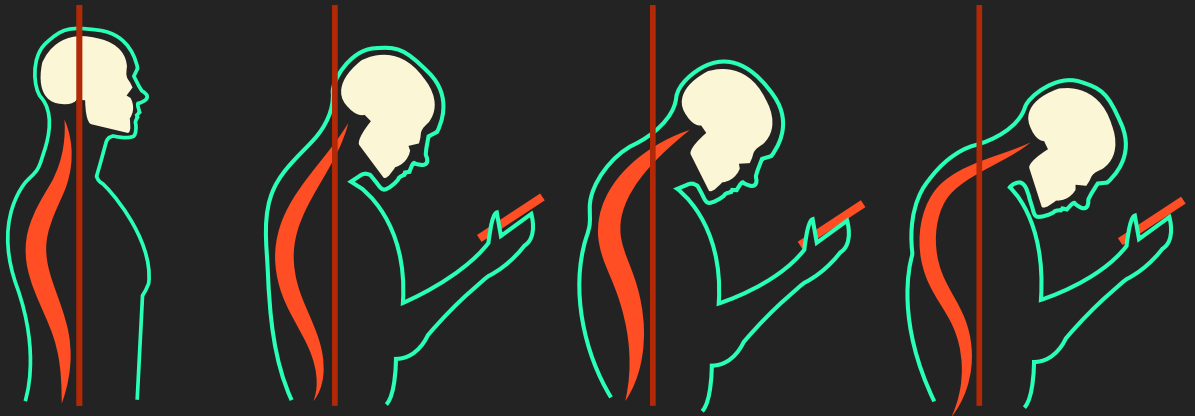
The average weight of a head is about 10-13 pounds. When your head is leaning forward it feels heavier causing your spine to work harder to hold your head up. In the image below, see how leaning forward will shift your head out of your center of gravity, causing it to feel heavier.

12 LBS

22 LBS

42 LBS

62 LBS



HOW BAD IS IT?



THE AVERAGE PERSON SPENDS

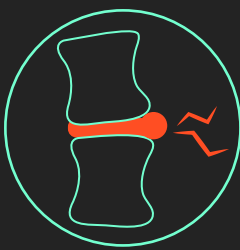
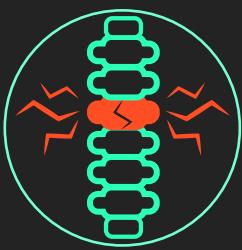
2-4 HOURS
A DAY
ON A SMART PHONE



Not including all the time spent hunched over at a computer desk. That is a lot of extra weight on the neck and shoulders.

SYMPTOMS

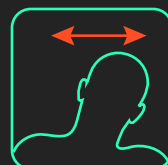
- Pains
- Pinched Nerves
- Dizziness
- Neck and Shoulder Pain
- Strains
- Herniated Discs
- Chronic Headaches
- Curvature of the Spine



WHAT SHOULD I DO?



1. Call Instead of Texting



5. Periodic Stretches



2. Limit Use of Electronics



6. Hold Phone at Eye Level
(Look down only with your eyes)



4. Practice Good Posture



7. Chiropractic Adjusting

If you are concerned with the condition of your neck or back and would like to talk to a professional please call or come in to [Back in Shape Chiropractic](#). We are dedicated to helping people like you get rid of neck and back pain so you may live more comfortably.



(847) 249-2225 | 4673 Old Grand Ave, Gurnee, IL 60031 | www.backinshapechiro.com

Sources:

<https://health.clevelandclinic.org/2015/03/text-neck-is-smartphone-use-causing-your-neck-pain/>

http://my.clevelandclinic.org/health/diseases_conditions/hic_an_overview_of_neck_and_shoulders_pain?_ga=1.130382022.853161576.1460749423