

Text Neck: The Pain Associated with Technology

Text neck is a rather new disorder that is causing reason for concern in an increasingly younger population. Text neck is a condition in which there is strain of the cervical spine due to prolonged usage of hand held cellular devices. With the increase of cell phone capabilities, we rely on them more and more. Usage of the text feature forces us to look down with our hands out in front of us. A poor posture and the vast increase of cell phone usage has lead to this painful condition. There is an increase of individuals owning and using cell phones on a daily basis. For example, 83% of American adults own cell phones with nearly all of them sending and receiving text messages. Of those that text, an average of 41.5 messages are sent or received each day (ACA, 2015).

Ergonomics, or the study of work movements and body biomechanics, has always been of concern for those with careers which required prolonged computer work. Traditionally, those computers were desk top and most individuals are knowledgeable of proper working technique. Now, hand held devices are standard for most people, regardless of their jobs. Cell phone users typically slouch, bending the head and neck down with the shoulders rounded forward. This causes strain on the muscles, ligaments and joints of the spine. Prolonged poor posture begins to pinch the spinal nerves as they exit the neck, cross the chest and into the arms. Those who use their phone more frequently may even notice numbness or tingling in the hands. These devices are not going anywhere any time soon, so we must learn how to minimize the risk of neck injury.

If you think you may be suffering with text neck, you should consult with a doctor of chiropractic. A chiropractor can offer treatment of your condition including but not limited to chiropractic adjustments of the spine, ultrasound, electric stimulation, cold laser, traction and therapeutic exercises. Each treatment is tailored to the patient's specific needs. This treatment must include biomechanical advice so that you can continue to use your electronic devices without strain and pain. Don't text in pain, call 301-777-0110 today and schedule your appointment with Dr. Audie Klingler or Dr. Teal Tritapoe.

Bruegger's Relief Position



* This relief position may help alleviate symptoms associated with text neck. Daily use of this position can stretch and strengthen postural muscles.