

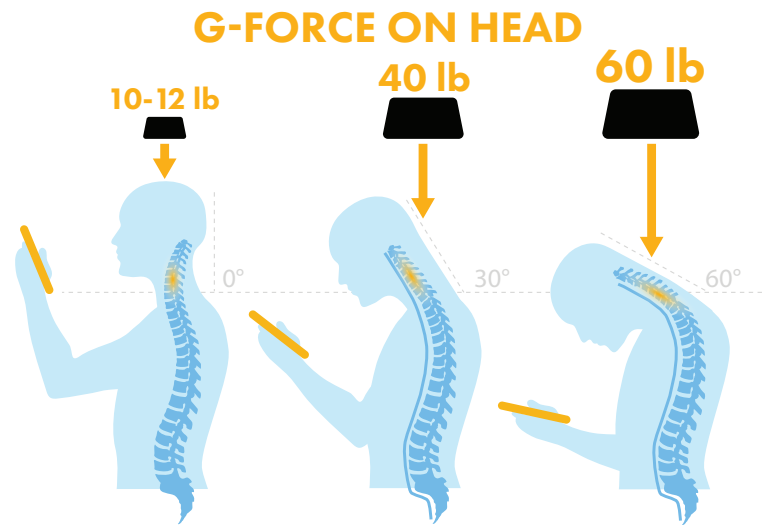
LOOK UP!

TACKLING TECH NECK

“Tech neck” is a catchy phrase to describe the act of stressing muscles while looking down at phones and screens. The head is held in a forward position when staring down at these screens, often for extended periods of time resulting in neck and shoulder pain, stiffness, and soreness. In the short term, you can take action to alleviate the muscle strain. But over time, without preventative measures, it can lead to permanent degenerative changes.

3 THINGS YOU NEED TO KNOW

- 1** The force of gravity (G-force) concentrates onto your head/neck as you look down.
- 2** G-Force effects worsen over time. Young people are especially at risk with poor posture-related activities, such as gaming or schoolwork on laptops.
- 3** Chronic poor posture can contribute to degenerative problems that lead to permanent spinal alignment issues into adulthood.



Don't let tech become a pain in your neck! Follow these guidelines:

RECOGNIZE SYMPTOMS



HEADACHES



**NECK PAIN
& STIFFNESS**



SHOULDER PAIN

PREVENT SYMPTOMS



TIME IT

Look up from your device frequently and set timers to remind yourself to move regularly.



STACK IT

Keep your head stacked over your spine and hold your device at eye level.



LEAN IT

Relieve disc pressure by combining good lumbar support and leaning your seat back at a 25 angle.



WORK IT

Practice neck, back and core strengthening exercises regularly.

TREAT SYMPTOMS



TREATMENT OPTIONS

Start with non-operative treatment options like physical therapy, yoga or strengthening exercises.



SPINE SPECIALIST

You may need to see a spine specialist if you have persistent pain, weakness or numbness to guide a treatment plan.

For more information, visit spinehealth.org.