

Are you Suffering From Text Neck?

Preventing Text Neck

As the technology advances, allowing us to do more tasks on smaller equipment, our bodies often pay the price. According to Nielsen, the average American sends over 1,000 text messages a month.

One problem that is becoming more prevalent is neck strain from the overuse of mobile devices, or "text neck".

What Causes Text Neck?
Text neck is caused by poor posture when using a mobile device. It is all too common to become hunched over with your head drooping forward and your shoulders rounded as you become engrossed in your messaging or games.

How To Avoid Text Neck
- **Sit up straight with**

your chest out and your shoulders back

- **Bring your arms up in front of your eyes so that you don't need to look down to see the screen**

- **Tuck your chin into your chest to look down rather than dropping your head forward**

- **If you must use your mobile device for lengthy typing, invest in an external keyboard**

- **Rest your forearms on a pillow while typing to help minimize neck tension**

The best way to avoid text neck is to limit the use of your mobile device.

If pain persists, feel free to call the office for chiropractic or massage therapy.



**AVOID THIS
BAD POSTURE**



**MAKE THIS A
GOOD HABIT**

NWCC Clinic Hours

**Mon 7a- 6p
Tues 5a-6p
Wed 7a- 6p
Thur 7a- 6p
Fri 5a- 6p
Sat 7a- 2p
Closed Sundays**

Call to Schedule

**Office
425.814.2800**

**Totem Lake
11821 NE 128th St.
Suite B
Kirkland, WA 98034**