



Text Neck: ERGONOMIC CONSIDERATIONS

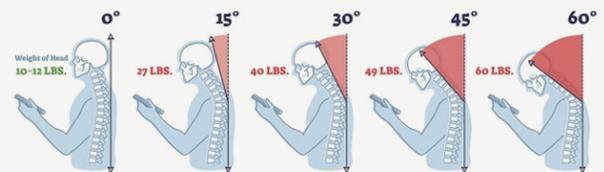
What is text neck? This informal term has been coined to explain the changes seen in the neck with prolonged forward head posture from using a smart phone or other electronic device. As seen in the visual, with increased forward bend of the neck, the weight of the head increases on the neck.



SIGNS AND SYMPTOMS

- Pain in neck, upper back, or shoulders
- Intermittent or constant headaches
- Nerve pain with numbness or tingling into upper limbs
- Neck and upper back stiffness
- Forward head posture and rounded shoulders

PHONE POSTURE



Posture Check Exercises:



Titanic Stretch:

Stand tall, chin up. Lift arms out to the side and slightly behind body. Pull fingers back and hold for 5 seconds and repeat 5 times.



Chin Tucks:

Start in a relaxed sitting or standing position. Look straight ahead. Place finger on chin. Without moving finger, pull the chin and head straight back until stretch is felt. Hold for 3-5 seconds and repeat 10 times.

Prevention Tips:

- Hold your device at eye level or prop up on a table or other surface.
- Slight tuck your chin and roll shoulder blades backwards when holding phone.
- Take breaks and adjust positions every 10-15 minutes.
- Analyze posture and complete posture exercises.