

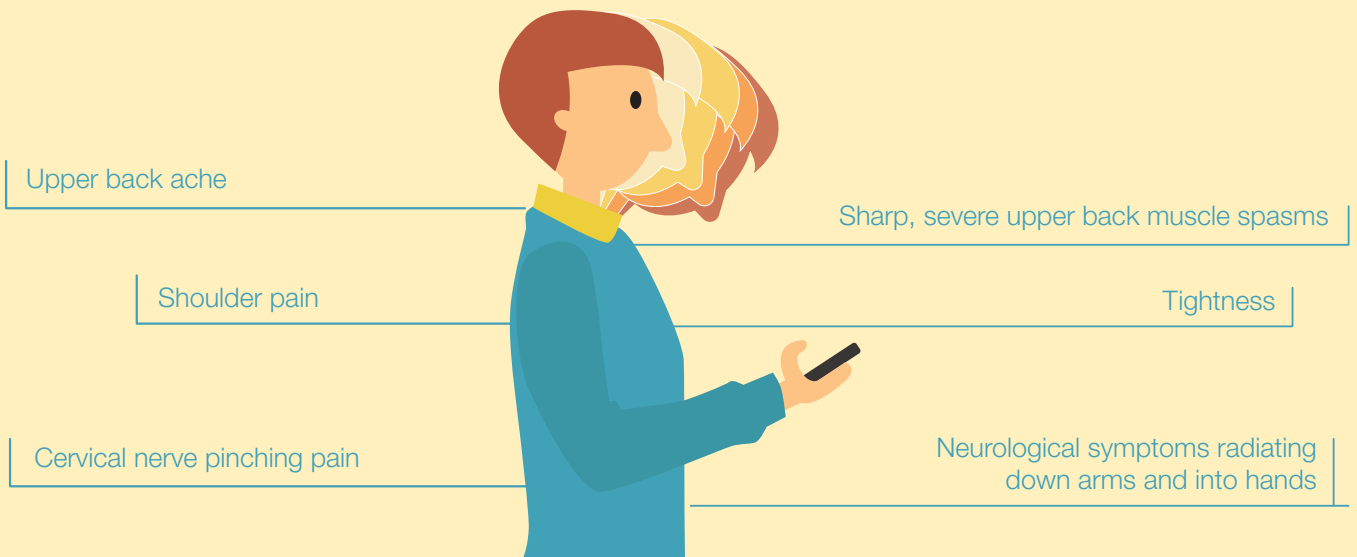


Tech neck and how to avoid it

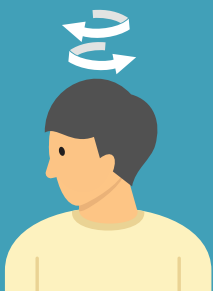
What is this doing to our bodies?

Phones and tablets are handheld. This means that we often need to hang our heads forward to see the screens. The further forward the head hangs, the greater the pressure on the spine.

This position puts a large amount of strain on joints, discs and muscles in the neck and back. If maintained for long periods of time, it can lead to:



Try these stretches:



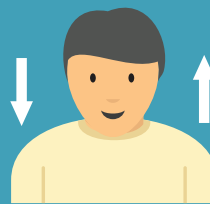
Neck twist

- Sit or stand upright
- Without lifting chin, twist head to look over your shoulder
- Hold for slow count of 10
- Repeat 3-5 times



Neck tilt

- Drop head slowly to one side, taking ear towards shoulder until stretch is felt
- Hold for slow count of 10
- Repeat 3-5 times



Shoulder stretch

- Raise shoulders towards ears until slight tension felt across tops of shoulders
- Hold for slow count of 10
- Repeat 3-5 times



Shoulder roll

- Sit with back supported
- Slowly roll shoulders up and backwards in circular motion
- Repeat 10 times