

Tech neck and how to avoid it



There are 7.5 billion people on Earth

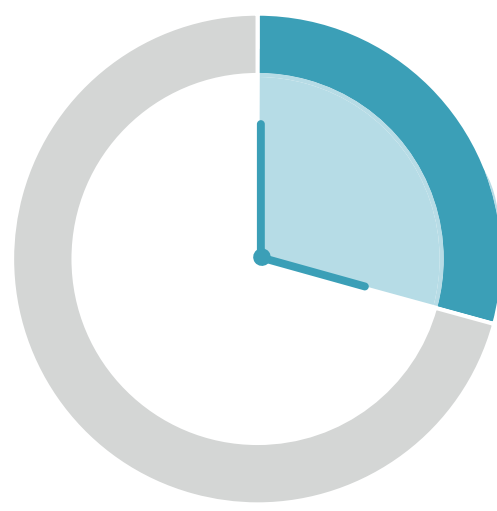


2.1 billion of them own a smartphone or tablet, that's **28%** of the world's population

How much do we use our phones on average each day?



Teens and young adults
(aged 15-24)
4 hours
(240 minutes)



Adults
3 hours
49 minutes
(229 minutes)

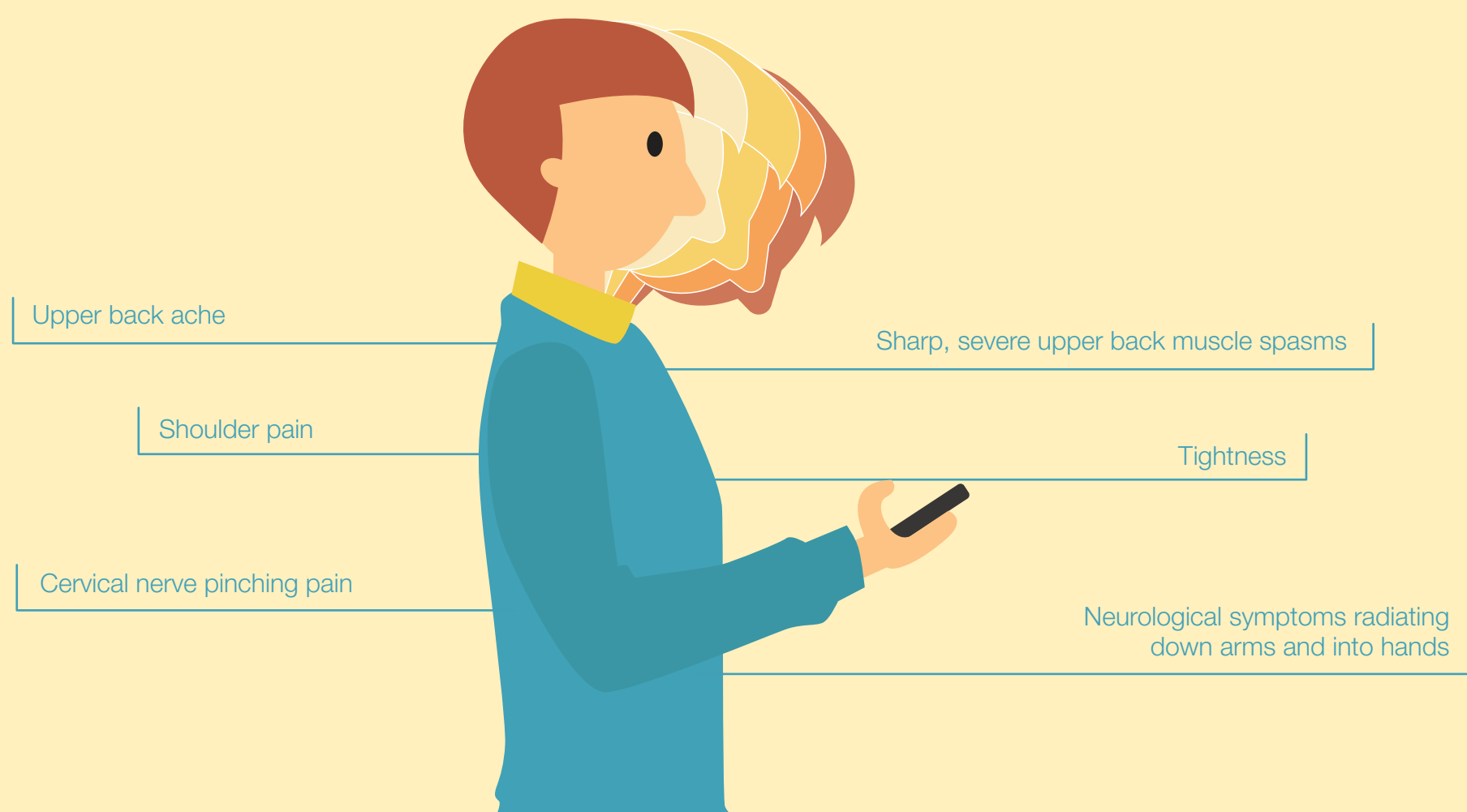
In 1 year, a young adult will spend 60 full days looking at their phone or tablet. An adult will spend 58.



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:



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For every inch of forward head posture, it can increase the weight of the head on the spine by an additional 10 pounds
- Kapandji, *Physiology of Joints, Vol 3.*

How can we reduce the risk of tech neck?

By changing our habits

Short of throwing your phone into the sea and renouncing technology forever, try this:



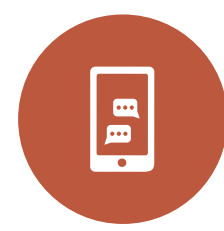
Ban phone or tablet
at certain times
i.e. before bed



Use an adjustable
phone or tablet
holder/stand to bring
to eye height



Make calls
instead of
texting



Avoid lengthy
input periods



Use laptop
or desktop
computer for
processing tasks

Try these stretches:



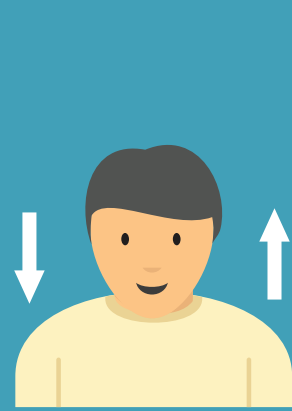
Neck twist

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



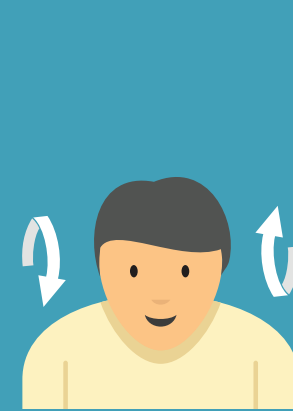
Neck tilt

- 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

Find products to help you stay healthy and comfortable when using handheld tech by visiting posturite.co.uk/mobile-device-accessories