

TEXT NECK IS REAL!

THE PROBLEM



TITLE ANGLE OF HEAD & WEIGHT APPLIED TO SPINE

0 degrees	15 degrees	30 degrees	45 degrees	60 degrees
10 lbs				60 lbs
Weight of avg. head	Tilting the head downward increases the gravitational pull on the skull; long-term forward neck posture may lead to muscle strain, disc herniation and pinched nerves.			Weight of an av. 8 year old

Making adjustments to your lifestyle

Protect your health

Overusing your neck, back and shoulder muscles causes strain on your spine. This usually occurs when looking forward or downward for extended periods of time on any mobile device, including cell phone, computer, e-reader etc.

HELPFUL TIPS

GOOD POSTURE

- ALIGN YOUR EARS WITH YOUR SHOULDERS AND RETRACT YOUR SHOULDERS.
- ADJUST THE POSITION OF YOUR MOBILE DEVICE.

SET BOUNDARIES

NO PHONES DURING MEALS



NO TEXTING WHILE DRIVING



NO MOBILE DEVICES IN BED



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