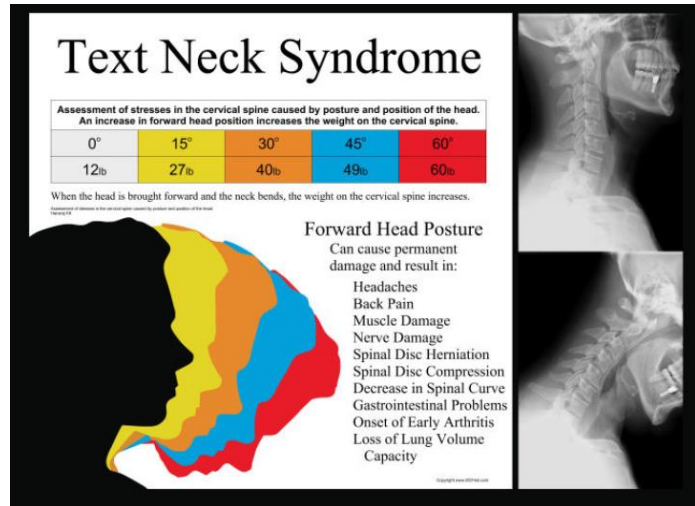
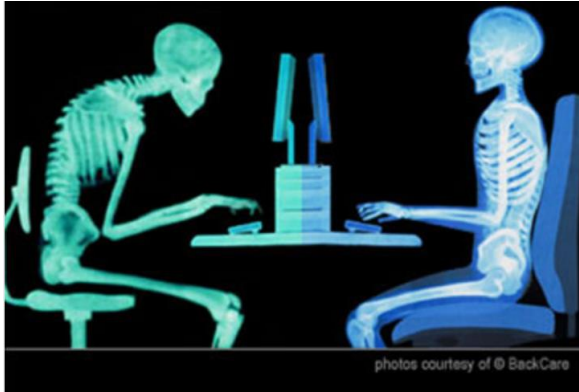


TEXT NECK SYNDROME

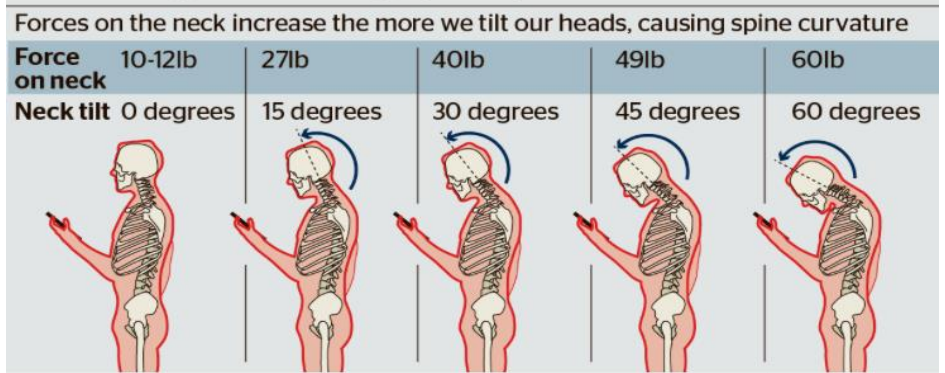
Text Neck is an overuse syndrome or a repetitive stress injury, where the head is brought forward and the neck bends as you look down at your cell phone, iPad, or other device for an extended time. This causes increase weight and pressure on the cervical spine.



Helpful Tips:

- 1) Take frequent breaks from your activities.
- 2) Hold mobile devices at eye level so you are not straining the neck.
- 3) Do neck stretches and corrective exercises daily
- 4) Strengthen the back and shoulder muscles 2-3x/week.
- 5) Incorporate posture centered exercise

How texting could damage your spine



Forward head posture may result in:

- Chronic Headaches
- Back Pain
- Increased curvature of spine
- Early onset of Arthritis
- Decreased Lung Capacity
- Muscle damage
- Nerve damage
- Disc herniation
- Disc compression

How physical therapy helps

A physical therapist will perform a thorough evaluation and then design a treatment plan that will facilitate improving your neck posture over time. The treatment includes hands on therapy, stretching, special exercises and postural re-training, improving strength and stability. In addition, we work with you on how to optimize home/work environments for optimal postural positioning.