

Do You Have Tech Neck or Smart Phone Spine?

The technology boom has had a major impact on our generation, allowing us to be more informed and connected than ever. However, there is a drawback to these devices and it is called “tech neck” or “smart phone spine”. This is a result from constantly looking down at our devices, resting tablets and laptops on laps, and generally having bad posture when using these devices. It can feel like a strain at the neck, stiffness in the shoulders, might result in headaches, and can do worse damage to the spine over time. The good news is you can condition your body to reverse "tech neck" pain and prevent further discomfort. We recommend keeping the following suggestions in mind when using your technological devices.

For cell phones/smart phones/tablets

Do not place your phone low so that you have to look down at it. Instead place your opposite hand under your elbow so you may have your phone at eye level.



For laptops

For laptops the best suggestion is to connect it to a raised device, such as the Logitech Alto. Your screen should be at eye level, with a separate keyboard and mouse to increase ergonomics.



We understand that work and other responsibilities require the use of these devices, and there are stretches and quick tips you can do through the day to lessen the effects such as:

1. **Shoulder Blade Pinches-** While sitting or standing straight, pinch your shoulder blades together and back. Hold for a few seconds, release and repeat. Perform 10 reps every hour throughout the day.
2. **Chin Tuck-** Sit up tall in a chair and keep your chin parallel to the floor. Without tilting your head in any direction, gently draw your head and chin back, like you're making a double chin. Be careful not to jam your head back. You should feel a stretch along the back of the neck. Release your chin forward. Repeat. You can perform 10 reps every hour throughout the day.

Baratta Holistic Center

6728 Fair Oaks Blvd #300, Carmichael, CA
95608
(916) 979-0716
www.barattawellness.com