

BE-AWARE TEXT NECK SYNDROME

Is your child's phone a Pain in the neck?

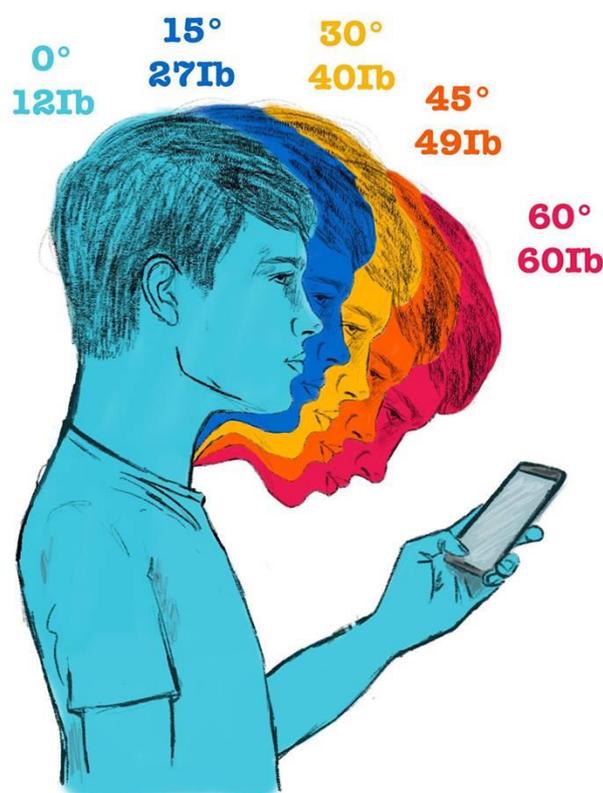
The campaign #LOOKUP has been launched today to try and help our necks! So thought we would do our bit to try and spread the message! Especially now we are all staying at home and on our mobile phones more than ever! As we see so many people especially children in the clinic with this issue!

One of the common causes of poor posture in our modern society is mobile phones, especially for children. One study showed that children aged between 5-16 now spend on average 2 and a half hours on a screen per day! This is now becoming an epidemic of poor posture, researchers believe that mobile phones and computers will be one of the biggest causes of joint pain and postural problems of our children's generation.

There are more and more incidents of neck problems in young children than ever before, and it has been proven medically that mobile phone posture causes a condition now known as TEXT NECK SYNDROME. This is where the normal cervical curve at the top of the spine starts to reverse its shape. This places excess stress on vertebrae, muscles ligaments and nerves in the neck, with experts warning that this could lead to degenerative changes and early onset arthritis in the neck.

Dr Kenneth Hansraj shows that our head weighs around 10-12lbs. However as we angle our head down to look at our phones and tablets the effective weight of the head increases. At a 15 degree angle it is about 27lbs rising to 60lbs at 60 degrees, placing great strain on the muscles, ligaments, vertebrae and nerves in our neck.

The Burden of staring at a smartphone

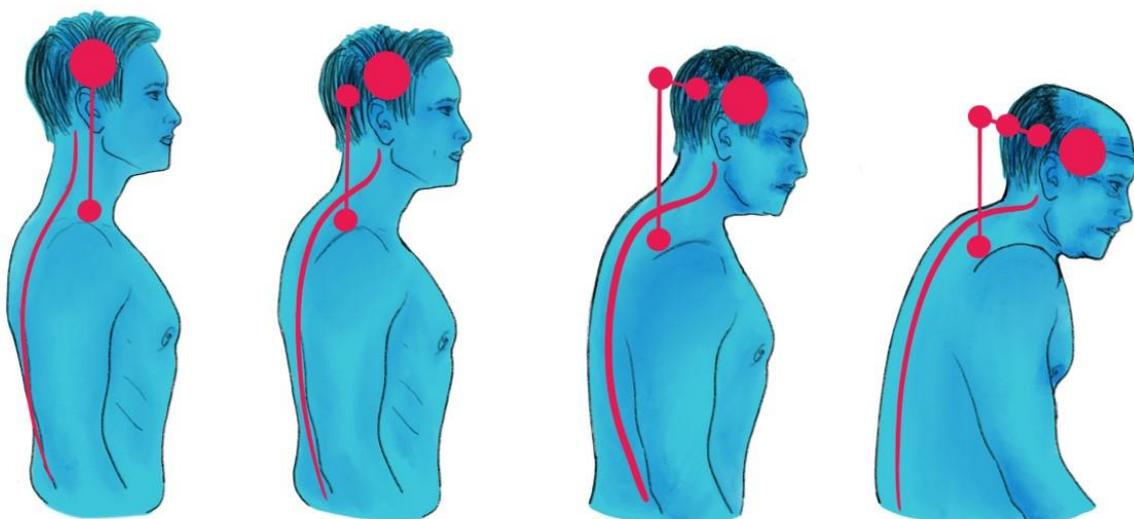


'Wolffs Law' shows that the Body changes and adapts to whatever stresses we place on it.

X rays and MRI scans are now starting to reveal teenagers and children as young as seven years old developing hunched backs and abnormally shaped spines because of addictions and overuse of mobile phones and tablets. This epidemic of poor posture has recently been referred to by researchers as our generations 'smoking', stating that we will look back on it as a huge mistake and failing to our children and future generations.

What can we do?!

Mobile phones and new technologies are developing so quickly we also need to develop the ways in which we combat and become aware of these new postural threats to ourselves and our children. It is up to us to make sure that we and our children are equipped to deal with the 'stresses' of modern life.



This can be done through both education of our posture, through Postural Awareness and activities and exercises that can help Re-balance and normalise the strained and overworked muscles and ligaments in our body's after periods of postural strain.

That's not to say never use a mobile phone again. While we promote getting outside into our natural terrain and environment whenever possible, we know that computers and phones are here to stay, and are a big part of our lives, so we just need to teach our bodies, how to move around and Be-Posturally-Aware of these new technological advances in a better way, and make that a part of our normal daily lives, to make us safe, and prevent long term damage.

The principles of OrthoBalance help you to understand your body, how it works and moves and to Rediscover your True Nature, to develop Postural awareness and good movement habits and develop Body—Mind Integration.

Use the Ancient Squat posture to ease your spine

Use the full Squat mobile phone position to mobilise your hips while you go on the phone! And the neck muscle recalibration exercises that if you missed are available on our YouTube channel along with other ways to maintain alignment



www.OrthoBalance.co.uk

