

How To Prevent Text Neck

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Here are the best tips for avoiding a headache of issues when working or playing on your cell phone.



If you're trying to keep up with the ever-evolving cyber world through texting, facebook and twitter on your phone, then consider the kink it can put in your neck...literally. Doctors and chiropractors say people hunched over their mobile gadgets are developing neck strain, headaches and pain in the shoulders and, sometimes, in arms and hands. What's more, all that curving of the body to text, type, watch videos and play games could cause debilitating pain that lasts a lifetime. So lets put our heads up and celebrate ways we can prevent this downward spinal spiral.

According to local chiropractor, Dr. Kris Dugger, some helpful tips to consider when texting are:

1. Call over text. "If you are texting for extended periods of time, you should opt to call the person instead. People spend too much time looking down having long conversations over text when they could be saving time by picking up the phone. It will also prevent neck strain."
2. Keep it eye level. "If calling the person is not possible, hold the device at eye level or slightly below and avoid flexing the neck and head forward. Anchoring the elbows to the side will help prevent fatigue from holding the device at eye level too long."
3. Stretch it out. "Take breaks from using the device periodically and stretch the neck by looking up, left to right and tilting left to right. Doing shoulder rolls will also help by preventing stiff upper back and shoulder muscles."
4. Do hand workouts. "Squeezing a tennis ball or stress ball will help prevent hand and finger contracture, specifically the thumb, from texting too much. There is such a thing called Blackberry Thumb!"