



Written for New Dimensions Chiropractic Center, the blog advised of the effects of smartphone usage on the neck and ways to find relief from text neck syndrome. The blog was featured on their website and Facebook.

Text Neck: How to Find Relief

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Americans have shown both a mental and physical connection to their phones, and chiropractors are beginning to notice the detrimental results. Studies have shown that approximately 73% of adults either send or receive an average of 42 messages per day, which often causes the person to adjust their posture while on their phone. Due to this prolonged adjustment in posture, doctors are seeing what is now known as “text neck.” Muscles located in the back of the neck and upper back become strained due to improper positioning of the head while texting or simply browsing on a mobile device. Poor texting posture consists of hunched or rounded shoulders and forward head flexion. When in this posture, the muscles, tendons and ligaments within the neck begin to strain in order to support the head. With time, this muscle strain causes dysfunction in the neck and upper shoulders.

Some symptoms one may experience when suffering from “text neck” include:

- Neck and upper back pain
- Shoulder pain
- Muscle spasms and soreness
- Headaches

Along with the symptoms mentioned above, severe cases can result in the cervical nerves becoming irritated which may cause symptoms to be felt down either one or both arms.

Though it may seem virtually impossible to cease your texting habits and maintain proper posture throughout the day, Dr. Lewis recommends you attempt these remedies in order to alleviate pain you may be experiencing:

- Sit up straight with your chest out and your shoulders back
- Tuck your chin into your chest instead of drooping your head forward, if you feel that looking down at your device is necessary
- Stretch your neck and allow yourself to rest in between long periods of time on your mobile device
- Raise your mobile device to eye level in order to decrease muscle strain

If you feel you are experiencing any of the above symptoms or want to learn more about “text neck” and the benefits you can receive at the New Dimensions Chiropractic Center, contact us at (850) 765-3039 to schedule an appointment with us.

Tags: text neck relief pain texting shoulder headache textneck posture