Tech neck and how to avoid it

Find products to help you stay healthy and comfortable when using handheld tech by visiting posturite.co.uk/mobile-device-accessories

There are 3.1 billion people on Earth

2.1 billion of them own a smartphone or tablet, that's 28% of the world's population

How much do we use our phones on average each day?

Teens and young adults (aged 15-24)
4 hours (240 minutes)

Adults
3 hours 49 minutes (229 minutes)

In 1 year, a young adult will spend 60 full days looking at their phone or tablet. An adult will spend 58.

What is this doing to our bodies?

Phones and tablets are handheld. This means that we often need to hang our heads forward to see the screens. The further forward the head hangs, the greater the pressure on the spine. This position puts a large amount of strain on joints, discs and muscles in the neck and back. If maintained for long periods of time, it can lead to:

Upper back ache
Sharp, severe upper back muscle spasms
Shoulder pain
Tightness
Cervical nerve pinching pain
Neurological symptoms radiating down arms and into hands

How can we reduce the risk of tech neck?

By changing our habits

Short of throwing your phone into the sea and renouncing technology forever, try this:

Try these stretches:

For every inch of forward head posture, it can increase the weight of the head on the spine by an additional 10 pounds - Kapandji, Physiology of Joints, Vol 3.