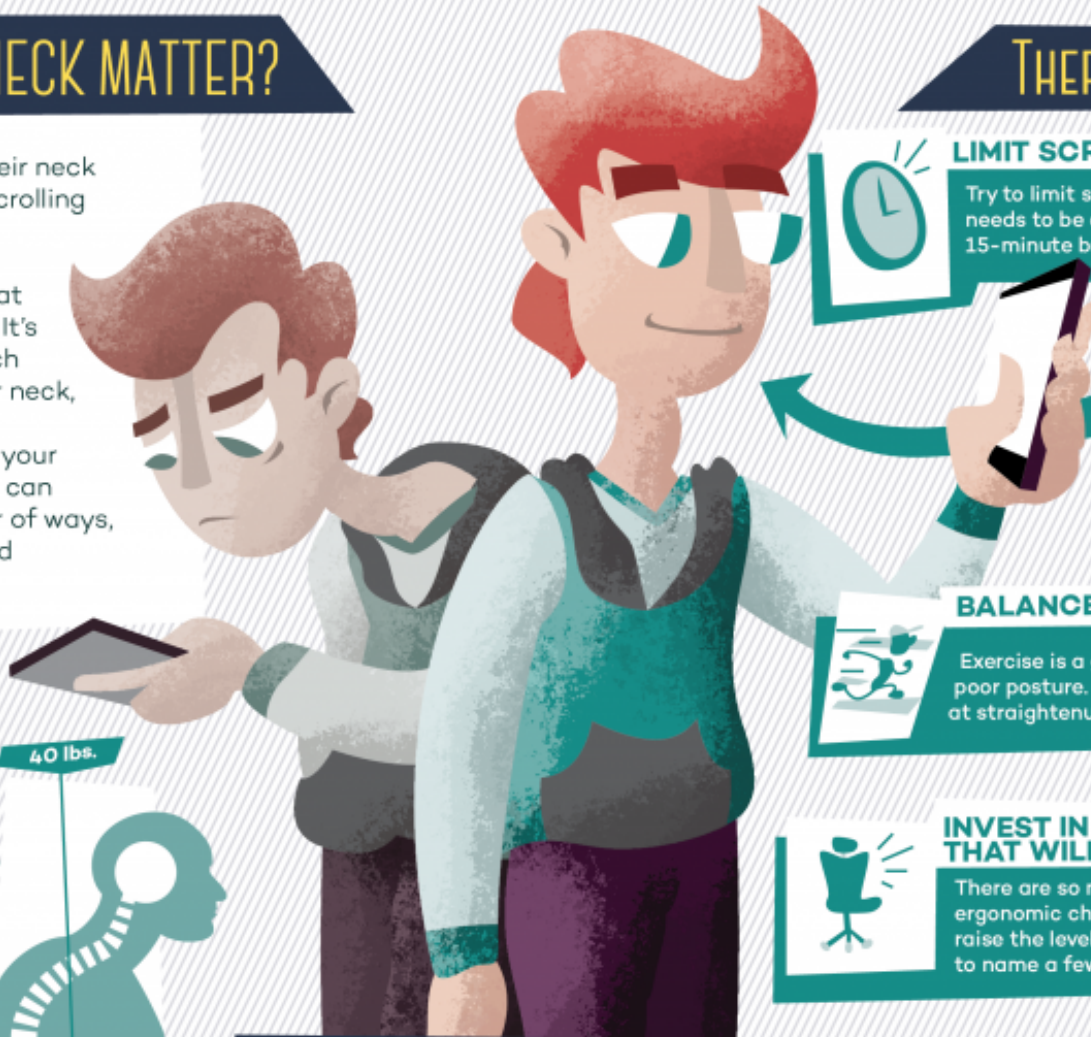


TECH-NECK

Alberta's chiropractors are seeing a rise in strain injuries and poor posture due to the increase of digital device use. These strains and pains associated with texting and spending time on handheld devices have been dubbed "tech neck." Thanks to our love for technology, this condition isn't going away anytime soon.

WHY DOES TECH NECK MATTER?

Whether they're craning their neck poring over a textbook or scrolling through Facebook on their phones, children and adolescents are especially at risk for injuring themselves. It's estimated that for every inch forward that you crane your neck, an additional 10 pounds of pressure is being applied to your neck. That adds up fast and can harm your spine in a number of ways, including: neck pain, hunched shoulders and headaches.



THERE ARE THINGS YOU CAN DO!

LIMIT SCREEN TIME

Try to limit screen time to an hour or two. If you or your child needs to be on a device for extended periods of time, fit in a 15-minute break for every hour of screen time.

MAINTAIN A CORRECT POSTURE

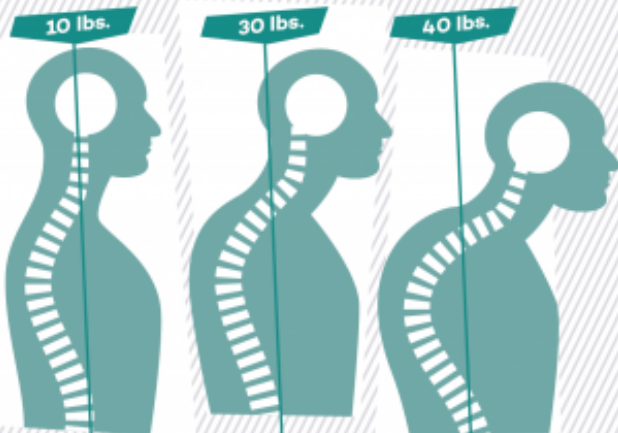
Bring the device up so it is eye level and sit up straight with your chest out and shoulders back. If you must look down, tuck your chin into your neck instead of hanging your head forward.

BALANCE SCREEN TIME WITH ACTIVITY

Exercise is a great way to neutralize the stress caused by poor posture. Try the free stretching program at straightenupalberta.com.

INVEST IN FURNITURE THAT WILL HELP ENCOURAGE GOOD POSTURE

There are so many options available to try! You could sit in an ergonomic chair with a headrest, purchase a tablet holder or raise the level of a computer monitor so it's eye-level, to name a few.



If you or your child has a recurring ache or persistent pain, it is a good idea to consult with a chiropractor. The sooner you address the problem, the more successful you will be in combatting tech neck and ensuring strong posture.

www.mcplus.ca