

“The Doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.” -Thomas Edison

SPINAL HEALTH AND CORRECTION CENTER

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Points of Interest:

- **Tips to help you heal part 4**
- **Text neck**

Spinal Health and Correction Center

www.spinalhealthandcorrection.com

Newsletter Date: August 2014

Tips to Heal Part 4

Playing the Doctor. Please Don't:

- ◆ Don't do it. Avoid poking and prodding the areas adjusted.
- ◆ Do not adjust/ crack/ pop your neck or back yourself. Avoid excessive range of motion especially with your neck.
- ◆ Avoid extreme bending, reaching or working overhead. Be careful shampooing your hair.
- ◆ Do low impact exercises such as stretching, walking and swimming. Avoid high impact jarring exercises like long distance jogging. Keep moving to stay loose.

General Tips:

- ◆ Exercise and stretch regularly. Perform multiple low impact exercises. If lifting weights, do not lift too much weight, watch your technique and isolate the muscles you are trying to work. Move smoothly with no jerking motions.
- ◆ Eat healthy. Take supplements
- ◆ Drink at least a 1/4 your weight in ounces of water a day. If you weigh 180 lbs, drink 45 ounces of water a day.

Text Neck:

Technology can improve our quality of life, but it comes with a price: being huddled over devices for long period of times can do more harm than good.

Using certain devices for extended periods of time can easily lead to neck strain, headaches, and pain in the shoulders, arms and hands. Anyone who has used a cellphone or

tablet for an extensive amount of time has probably experienced the peculiar strain it puts on your upper body. These conditions even have their own name now: Text Neck.

Here are some simple strategies to help shut down text neck strain:

Take frequent breaks

Taking frequent breaks and looking up from your device can provide your neck with some relief from the pressure of looking down.

Sit up straight

It is important to sit up straight while texting. This way you can maintain good posture, relieving your back and shoulders from the strain of being hunched over.

Hold the phone a little higher

Holding the phone closer to eye level helps maintain a healthy posture and puts less strain on the neck.

Stretch

Be sure to stretch often between long periods of extended use of devices. You can rotate your shoulders with your arms by your sides to relieve tension. You can also tuck your chin down to your chest and then look up – this helps to relieve some of the tension in your neck built from the common forward-down position you adopt when looking at your device.

Thank you for your referrals!