

TEXT NECK AND YOUR HEALTH

HEALTH ISSUES #23



Text-Neck is a global epidemic and people all over the world, especially the younger generations are suffering the effects.

MSNBC

Taylor, K.H. Beware text neck from too much gadget use. 10/7/2011

The neck of the human body is a bio-mechanical marvel. It possesses a wide range of mobility in nearly every direction and serves as a conduit for the major blood vessels to the brain and is the primary pathway of the central nervous system.

This region is one of the most important areas of the body and its structural integrity and function are absolutely critical to overall health.

“A typical high school student may spend an extra 5,000 hours in poor posture per year due to cell phones and mobile devices.”

KENNETH K. HANSRAJ, M.D.

Assessment of Stresses in the Cervical Spine Caused by Posture and Position of the Head. *Neuro and Spine Surgery*, Nov. 2014; Vol. 25; pp. 277-279

When you bend your head forward at 15 degrees, its weight effectively increases from 12 pounds to 27 pounds. At 45 degrees, your head exerts 49 pounds of force, and at 60 degrees, 60 pounds—this is like carrying an eight year-old child around on your neck for several hours a day.

Research has demonstrated a strong association between forward head posture and decreased respiratory strength and function.

Kapreli E, Vourazanis E, Billis E. Respiratory dysfunction in chronic neck pain patients. *Cephalalgia*. 2009 Jul;29(7):701-10

For every inch of forward head posture, it can increase the weight of the head on the spine by an additional ten pounds.

Kapandji AI.: *The Physiology of the Joints, Voll.3: The Spinal Column, Pelvic Girdle and Head.*

“Loss of cervical curve stretches the spinal cord 5 to 7 cm and produces pathological tension, putting the body in a state of disease.”

Breig, Alf. *Adverse Mechanical Tension in the Central Nervous System: An Analysis of Cause and Effect.* 1978.

Neck issues often affect children with numerous risk factors contributing to their development. Increased stresses regarding the cervical spine may lead to cervical degeneration along with other developmental, medical, psychological and social complications.

Fares, J. Musculoskeletal neck pain in children: risk factors and complications. *Neurol Intl.* 2017; 8: 72

