

# Your Neck Called... It Wants You To Put The Phone Down



There's a big problem with the always on, always connected mobile era, and it's more than the emotional toll it takes on our friendships and relationships; our habits have become a physical threat to our bodies.

**“TEXT-NECK”**—an “overuse syndrome involving the head, neck and shoulders, usually resulting from excessive strain on the spine from looking in a forward and downward position at any handheld mobile device.”

The dirty truth is... text neck can be seriously damaging, and here's why:

- The human head weighs an average of 12 pounds.
- Bending your neck forward to look at your phone puts unnecessary stress on your spine.
- People spend two to four hours per day, head bent, checking email, texting, etc, totaling 700 to 1,400 hours per year (teens upwards of 5,000 hours per year).

The dangers include: “muscle strain, pinched nerves, herniated disks,” and, over time, your neck can lose its natural curve, and poor posture can decrease your lung capacity by 30 percent.

But here is the craziest part... the craziest part is knowing why texting is harming you. How could bending your head cause long lasting health issues?

This is why:

Looking forward, in the upright position, your head only weighs 10-12 pounds on average. By bending it forward and down just 15 degrees, your cervical spine feels the weight of 27 pounds. But when you're *really* in the zone (fingers sweating with no typos) and bent at 60 degrees, your spine takes on the weight of 60 pounds. Sixty pounds! Yikes!

The pressure of 60 pounds on your neck would be equivalent to carrying an eight-year-old child on your shoulders for the amount of time you find yourself texting during the day. All of this has the possibility to cause far greater damage, including early wear-and-tear on the spine, degeneration, and even surgery. #NoThanks

