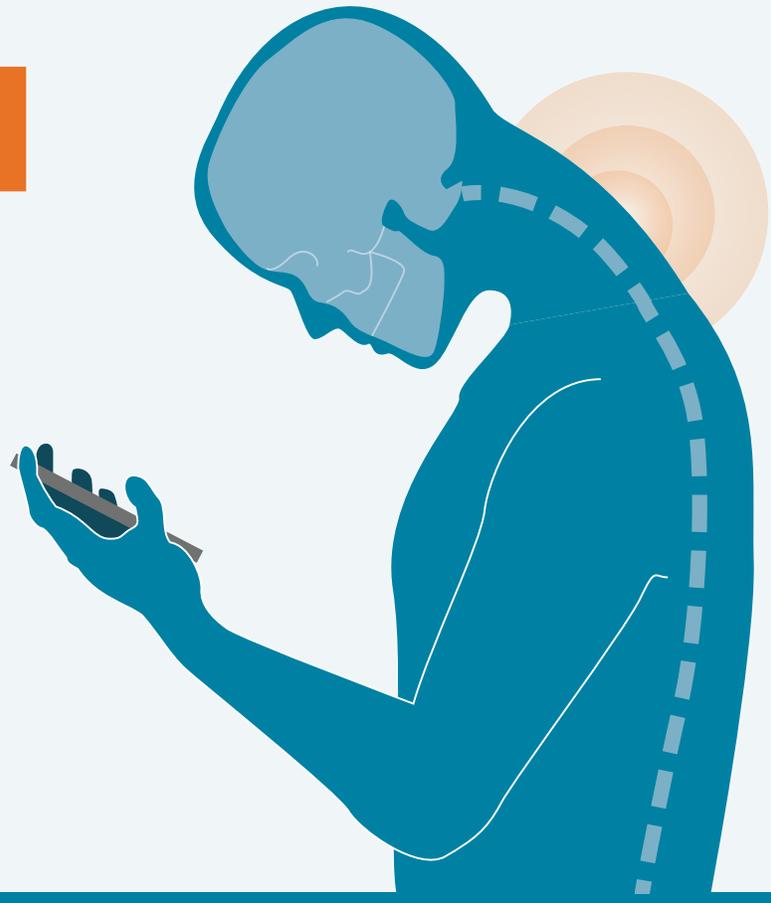


HOW TO BEAT THE PAIN CAUSED BY DIGITAL DEVICES



Ontario
Chiropractic
Association

People are spending more and more time looking down at smartphones and tablets every year, and strain injuries in the hand, wrist, forearm and neck are on the rise. This is commonly referred to as “text neck”.

As you tap and swipe, follow these tips to avoid the aches and pains that come with the digital age. Your back and neck will thank you.

Take a break

Holding up your phone or tablet for extended periods of time can strain the muscles in your shoulders, arms and fingers. Let your arms rest at your sides every so often.

The 20-20-20 rule

Give your eyes a break! Every 20 minutes, take 20 seconds to look about 20 feet ahead (or as far as possible).

Change positions

Try to avoid sitting for longer than 30 minutes at a time. Get up and walk around!

Aim higher

Raise your phone up closer to eye level to reduce strain on your neck. When watching lectures on your tablet or laptop, be sure to prop it up against something so your shoulders and arms can relax.

Stretch it out

Slowly turn your head towards your left shoulder, hold for five seconds and repeat on your right side. You can also download *Straighten Up Canada!* – a free app developed by Canada's chiropractors with videos of stretches you can do to help your posture in just three minutes!

The only thing that's more important than "perfect" posture is movement. If you still have pain and discomfort after trying these tips, visit a chiropractor to develop a plan to keep you pain-free.

Did You Know?

Bending your head to look at your phone can put up to 60 pounds of pressure on your spine!



A 2014 study in *Surgical Technology International* showed that even a 15-degree head tilt adds 27 pounds of pressure. As we use our phones and laptops more and more, that stress adds up!

For more information visit
www.chiropractic.on.ca.



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