

# TECH NECK = #OUCH

Hunching over devices for hours can put a painful strain on your neck and back.

Here's a look at how a forward head position increases the force on the neck.



Position	Neutral	30 degrees	60 degrees
Force on neck	10 to 12 lbs.	40 lbs.	60 lbs.

**Whoa!** In an upright neutral position, an adult head weighs 10 to 12 pounds. As the head tilts forward, greater force is put on the neck. At a 30-degree angle, it's about 40 pounds. At 60 degrees, it increases to 60 pounds.

## HEADS UP!

These tips can help prevent tech-neck pain:

- ▶ **Fix your posture.** Aim to keep your neck in an upright position.
- ▶ **Take breaks.** Get up and stretch frequently.
- ▶ **Set limits.** Reduce the excess time you spend on smartphones, tablets or laptops.

Sources: North American Spine Society; Surgical Technology International, Vol. 25



**ARE YOU HURTING NOW?** If you're living with neck or back pain, talk with your primary care doctor. You can check out all our orthopedic and physical therapy services at [www.oursite.xyz](http://www.oursite.xyz).