Tech neck and how to avoid it

What is this doing to our bodies?

Phones and tablets are handheld. This means that we often need to hang our heads forward to see the screens. The further forward the head hangs, the greater the pressure on the spine.

This position puts a large amount of strain on joints, discs and muscles in the neck and back. If maintained for long periods of time, it can lead to:

- Upper back ache
- Sharp, severe upper back muscle spasms
- Shoulder pain
- Tightness
- Cervical nerve pinching pain
- Neurological symptoms radiating down arms and into hands

Try these stretches:

**Neck twist**
- Sit or stand upright
- Without lifting chin, twist head to look over your shoulder
- Hold for slow count of 10
- Repeat 3-5 times

**Neck tilt**
- Drop head slowly to one side, taking ear towards shoulder until stretch is felt
- Hold for slow count of 10
- Repeat 3-5 times

**Shoulder stretch**
- Raise shoulders towards ears until slight tension felt across tops of shoulders
- Hold for slow count of 10
- Repeat 3-5 times

**Shoulder roll**
- Sit with back supported
- Slowly roll shoulders up and backwards in circular motion
- Repeat 10 times

Find products to help you stay healthy and comfortable when using handheld tech by visiting posturite.co.uk/mobile-device-accessories