

TECHNECK

THE PAIN OF STAYING CONNECTED

1. WHAT IS TECHNECK?

Tech Neck refers to neck pain and strain resulting from prolonged use of electronic devices like smartphones, tablets, and laptops. This condition is caused by repetitive stress and poor posture while looking down at screens.



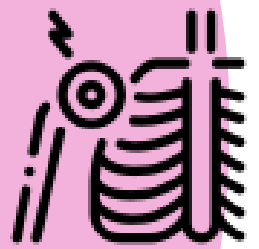
2. CAUSES

- Poor Posture: Bending the neck downward to view screens.
- Prolonged Screen Time: Spending hours on devices without breaks.
- Repetitive Movements: Constantly tilting the head down to check phones or type.



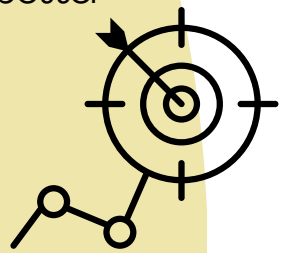
3. SYMPTOMS

- Neck and Shoulder Pain: Persistent or sharp pain in the neck, shoulders, and upper back.
- Stiffness: Reduced mobility or stiffness in the neck.
- Headaches: Tension headaches due to muscle strain.
- Forward Head Posture: Head protruding forward, misaligning with the spine.
- Tingling or Numbness: In severe cases, affecting the arms and hands due to nerve compression.



4. PREVENTION TIPS

1. Proper Device Positioning:
 - Hold screens at eye level to avoid looking down.
 - Use a stand for laptops or external monitors for better ergonomics.
2. Good Posture:
 - Keep your head aligned with your spine.
 - Avoid slouching and hunching forward.
3. Regular Breaks:
 - Follow the 20-20-20 rule: Every 20 minutes, look 20 feet away for 20 seconds.
 - Stretch your neck and shoulders frequently.
4. Strengthening Exercises:
 - Chin Tucks: Pull your chin backward, aligning your ears with your shoulders.
 - Shoulder Rolls: Roll your shoulders forward and backward to relieve tension.
5. Ergonomic Workstation:
 - Use ergonomic chairs and adjustable desks to maintain proper posture.



5. TREATMENT OPTIONS

- Physical Therapy: Exercises to strengthen and realign neck and shoulder muscles.
- Massage Therapy: Relieves muscle tightness and improves blood flow.
- Heat or Cold Therapy: Reduces inflammation and pain.
- Pain Relievers: Over-the-counter medications for temporary relief.

