

TEXT NECK

Staring down at your cell phone places additional stress on your neck, shoulders, and upperback - causing pain with repetitive use. In fact, for every inch that your head tilts forward, your spine undergoes an additional 10 pounds of strain.

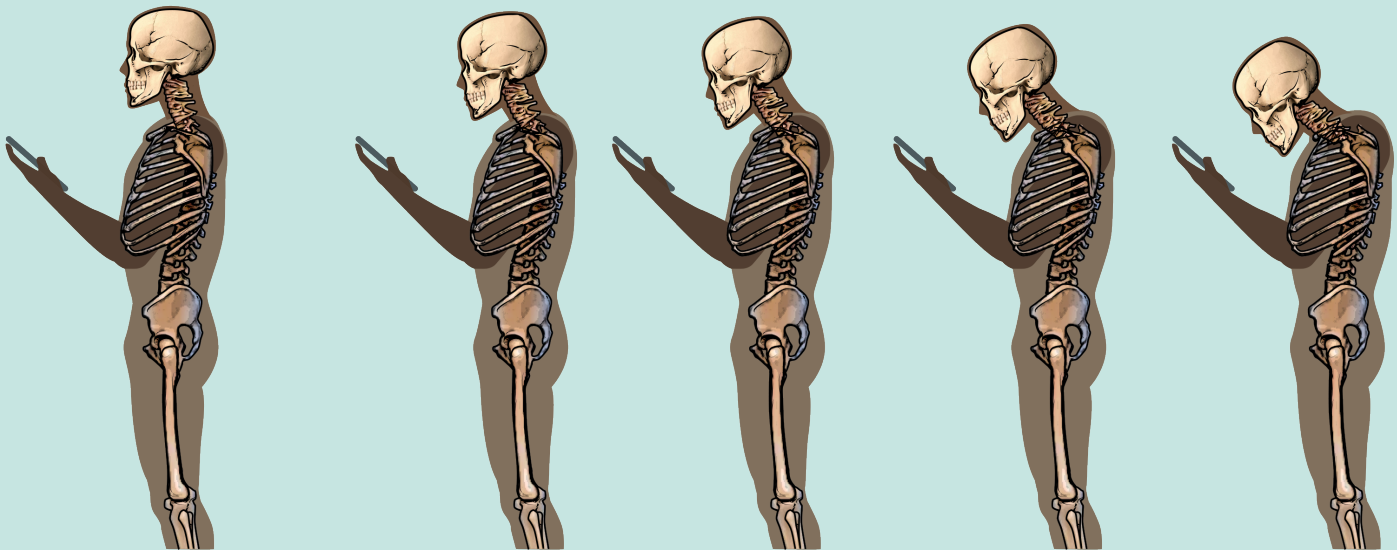
0 Degrees
10-12 lbs

15 Degrees
27 lbs

30 Degrees
40 lbs

45 Degrees
49 lbs

60 Degrees
60 lbs



PREVENT IT

Be mindful of your posture while using your tech devices. Position your computer, tablet, or smartphone so that you're not tilting your head downward. Ideally, when holding your head upright, the center of your screen should be at eye level.