

Could you develop tech neck?



Tech neck is the informal term used to describe Tension Neck Syndrome (TNS), a cervical spine related musculoskeletal disorder (MSD) also referred to as 'text neck'. Symptoms include headaches, neck, shoulder and upper back pain. Anyone who regularly uses a smartphone, tablet or computer is at risk of developing tech neck with potential long-term effects.

It's not the tech that's the pain in the neck, but how we use it!

With over 34 million mobile phone connections and 96% of the Australian population accessing the internet via a smartphone, spending too much time with the head bent forward reading or scrolling smartphones or tablets has been proven to cause tech neck.

Over 6.1 million Australians are living with MSDs, including debilitating neck pain.

Consult an ACA Chiropractor

ACA chiropractors are five-year university-educated healthcare professionals who treat a range of musculoskeletal disorders (MSDs). They play a vital role in managing the spinal health of Australians by providing holistic healthcare that can treat the cause and not just the symptoms of MSDs, including tech neck.

If you suffer from neck pain, consult an ACA chiropractor for drug-free pain relief. ACA chiropractors can help improve spinal health by advising on exercise and lifestyle to help reduce the risk of spinal health problems and improve overall health and wellbeing.

Every week more than 400,000 chiropractic consultations are creating well-adjusted Aussies of all ages.

Look for the ACA member logo at your local chiropractor's clinic, or to find an ACA chiropractor near you, visit consultchiro.org.au



Contact your local ACA chiropractor:

Spinal Health Week is the flagship initiative of the Australian Chiropractors Association. It is Australia's longest-running, award-winning awareness campaign dedicated to improving the spinal health of all Australians.

For a full list of references, visit chiro.org.au/references

GET THE HEADS UP ON TECH NECK



Adjust Your Thinking.

spinalhealthweek.org.au 🔍



**1 in 5 Australians
experience neck pain**

What causes tech neck?

Tech neck is a global public health problem often caused by incorrect or overuse of smartphones and other electronic devices including tablets and computers.

Academic studies show incorrect and non-ergonomic posture habits while using mobile devices and poorly setup computers (including laptops) at home, school, university or in the workplace, can increase pressure on the cervical spine leading to tech neck.



Chiropractic healthcare is an effective drug-free, low-risk, personalised treatment and is one of the most preferred treatment options for neck and back pain caused by tech neck.

Prevent tech neck in children and teens

When children and young people spend too much time with their head bent forward scrolling and looking at smartphones or tablets, it places greater strain on their cervical spine. Incorrect, non-ergonomic posture habits and poorly set up laptops and desktop computers can also lead to children and teens developing tech neck at a young age.



**46% of Australian children aged
6-13 own or have access to a
mobile device.**

Limiting screen time in accordance with the Australian Institute of Family Studies guidelines and ensuring children and young people maintain good posture and remain active, can help prevent tech neck while maximising spinal health and overall health and wellbeing.

Visit spinalhealthweek.org.au to download FREE resources for parents or to consult an ACA chiro for drug-free pain relief from tech neck.



Preventing tech neck in students and adults

Incorrect computer use is another primary cause of tech neck among Australians of all ages. University students (73%), office workers (70%), and remote workers (64.7%) all report high instances of neck pain.

Whether using a laptop or a desktop at home, school, university or at work, it's essential for workstations to be set up to be ergonomically correct and for users to take regular breaks to help prevent tech neck, increase productivity and maintain overall spinal health and wellbeing.

**Deloitte estimates MSDs including
tech neck, cost the Australian
economy over \$55 billion annually**

If you frequently use computers and suffer from neck pain, visit spinalhealthweek.org.au for information to help prevent tech neck or to consult an ACA chiro for holistic chiropractic healthcare.