

Text Neck & Upper Cervical Chiropractic

Text Neck refers to pain caused by looking down while texting that starts in the neck and upper back. It is estimated that **most people spend between 3-6 hours everyday looking down at their phone** while texting, emailing, using apps, or browsing social media. This adds up to between 1100-1800 hours a year; and for most teenagers, it can be upwards 5000 hours per year.

What Causes Text Neck?

The number one cause of Text Neck is bad posture. When we text or play video games with our heads bent forward and down, we increase the stress on our neck and upper spine. The average human head weighs between 10-12 pounds, but **texting with our head bent at a 60° angle increases it to the equivalent of 60 pounds.**

Text Neck causes subluxations (misalignments) in the spine.

These subluxation in turn cause interference in the nervous system causing, not only pain, but poor communication between your brain and the muscles, organs, and every function of the body. Physically, over time, your muscles will get weaker, your shoulders will round forward, and you will gain a hunched-over appearance.

Can an Upper Cervical Correction Help?

The most common misconception about Upper Cervical care is that it only helps back and neck pain.

Upper Cervical care is based on the universal law of cause and effect. For every effect or symptom, physical or mental, there must be a cause.

Upper Cervical doctors recognize that the body is a self-healing organism, controlled and coordinated by the central nervous system, which is protected by the skull and spine.

Using a gentle technique, Upper Cervical doctors locate and remove interference to the nervous system, allowing the body to heal itself naturally without drugs or surgery.

Align Your Spine!

If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.

Text Neck can contribute to misalignments of the C1 (atlas) and C2 (axis) vertebrae in your neck. These misalignments can compress your brainstem and interfere with the nerve communication from your brain to every part of your body.



If you currently suffer from Text Neck and would like to seek advice from an Upper Cervical Chiropractor, please schedule an appointment today!
onetemplewellness.com