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PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

# Innovative Newsletter

## TECHNOLOGY & NECK PAIN: HOW THEY'RE RELATED

There are several factors that can lead to neck pain, but did you know technology can actually play a role in the discomfort you're feeling? While it may seem far-fetched, many of the positions our bodies take while using technology can lead to pain. Poor posture is a common cause of neck pain, and technology is often the culprit.

*(continued inside)*



Dr. Cheryl Howard  
PT, DPT, Cert. MDT  
Owner

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FOR YOU OR FOR A FRIEND!**

(DETAILS INSIDE)

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# Innovative Newsletter

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Beware of the  
Tech Neck!

Exercise  
To Help  
With Pain

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PT Solutions  
Clinic News

## Quote of The Month:

*"Be yourself;  
everyone else is  
already taken."*

- Oscar Wilde

**CALL  
TODAY!**

## TECHNOLOGY & NECK PAIN: HOW THEY'RE RELATED



*(continued from outside)*

In fact, the term "tech neck" has been coined as a way to describe neck discomfort caused by technology use. If you work in front of a computer all day, chances are you begin to hunch over in front of it at some point throughout the day. The same is true for avid smartphone or tablet users. Most of the time, we don't notice the effect that these devices have on us, but they can be detrimental to our posture and very often result in pain.

Pain from "tech neck" is typically reported as a strain in the neck that may be accompanied by stiffness in the shoulders, as well. It is possible for tech neck to also result in headaches, due to the weight that is being placed on your neck and skull. Without making changes to your posture while using these technological devices, tech neck can result in gradual damage to the spine, which can lead to deeper issues.

So, how can you combat tech neck? You may be thinking, "I work in an office... I need to use these devices every day." This is a common scenario for many people plagued by neck pain, but there are some tips you can incorporate into your everyday life to release some of the strain on your neck. These include:

### Raising your screen.

This is true for any device you may be using. By raising your computer screen, it is less likely that you will hunch over throughout the day, as you will be at eye-level with your work. Likewise, holding your smartphone or tablet in front of your face, rather than down in your lap or on the table, will decrease the strain caused by looking down at it.

### Take breaks.

It is a good habit to get into taking small breaks (2-3 minutes) every half hour or so. Use this time to get up, take a short walk, and stretch. It will also allow you to reevaluate your posture. Sometimes, we don't realize when we are slouched or hunched over. Frequent breaks will remind you to get your body moving and will relieve any strain you may have put on yourself.

### Stretch and strengthen your muscles.

Over time, poor posture can lead to muscle imbalances. Tech neck especially can lead to a long-term forward head posture if not corrected. Fortunately, these imbalances can be avoided by stretches and strengthening your muscles, in order to make it easier for your body to maintain proper posture while using technological devices.

Stretching and strengthening the chest, neck, and upper back muscles will help support the weight of your head and decrease strain on your spine. Abdominal and lower back exercises can also help prevent tech, as these muscle groups play an integral role in supporting your upper body.

**Your physical therapist can help prescribe targeted exercises & stretches for your needs, in order to strengthen the necessary parts of your body. For help preventing or correcting your tech neck, contact Innovative PT today!**

# BWARE OF THE TECH NECK!

If you own a smartphone chances are that you do this almost every day. ▶

Too much screen time can result in a painful condition called, Tech Neck, forward shoulders, head and neck protruding over the body to look down at the screen.

Our heads are heavy, on average ~10-12 lbs with good posture where the rest of your body helps support the weight of the head. But when your head is forward, research has shown that as your head falls forward to 15 deg the weight increases to 27 lbs and by 60 deg forward, the head's weight is equal to 60lbs - that's a lot of stress on muscles, ligaments and joints in the neck and upper back.

Symptoms of Tech Neck may begin with a headache or stiffness at the neck and shoulders. Overtime more damage can occur if ignored with sharper pains, tingling and numbness radiating from the neck down the arms, reduced mobility, balance issues, disc herniation, and jaw pain. It also looks horrible and ages you.

The good news is you can follow these tips to reverse the effects of tech neck and prevent future problems:

1. Pay Attention To Posture
2. Raise Your Screen To Eye Level / Move Your Eyes Not Your Head
3. Take Breaks Every 20 - 30 Minutes
4. Postural Re-Education with Exercise



**(315) 786-0655**

## Patient Spotlight

**"Everything ran smoothly, and I was always greeted with friendly smiles and compassion. I will refer my family and friends!"**

"I am so thankful to the staff at Innovative Physical Therapy Solutions for giving me back my life. My extensive surgery required a great deal of expertise and dedication on their part, and the results are astounding! Everything ran smoothly, and I was always greeted with friendly smiles and compassion. I will refer my family and friends!" - **M.L.**

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## Exercise To Help With Pain:

Try this simple exercise to help you feel better...  
Share this with a friend or family member to help keep them healthy too!

Exercise copyright of  
 SimpleSet Pro  
[www.simpleset.net](http://www.simpleset.net)

**Helps To Relieve Neck Pain**

### RETRACTION / CHIN TUCK

Start in a seated position with your back straight. Slowly draw your head back so that your ears line up with your shoulders. Hold this position for 10 seconds, then release.



# DID YOU KNOW DEEP TISSUE LASER THERAPY COULD HELP YOU BEAT YOUR PAINS?

No Referral/Prescription Needed - No Insurance Needed  
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Card, or Health Savings Account

*Have you heard of laser therapy?* While it may sound daunting, it is actually a great way to help alleviate pain and promote healing.

Laser therapy is a treatment offered at **Innovative Physical Therapy Solutions** for its safe, effective, and non-invasive way to treat pain and aid in the recovery of many conditions.

Laser treatments work by releasing photons into the tissues surrounding the affected area that is being treated. These photons help in relieving pain, energizing cells, and increasing circulation to the injured area.

**If you are looking for laser therapy in Watertown, NY, contact Innovative Physical Therapy Solutions today! We'll set up a free consult for you and figure out whether or not laser therapy could help in reducing your pain.**



Visit our website today and click on "How We Treat" tab to learn more about Deep Tissue Laser Therapy!

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## Innovative Clinic News

*Innovative PT Staff Retreat...  
Time for Fishing, Food & Fun!*

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## Innovative PT Coupons

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Offer valid for the first 20 people to schedule.  
Expires 10/31/21