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## **NEW MOBILE DEVICES PRESENT SERIOUS CHALLENGES TO HEALTH OF YOUTH**

Go anywhere that young people gather and take a look around. You'll see a high number of them engrossed in mobile devices: cell phone applications, electronic reading devices, iPads, MP3 players, portable video games and texting, texting, texting.

One of the results from all this electronic interaction is that the number of young people suffering from upper back and neck disorders is increasing right along with the use of these devices. More and more of them are starting to complain about neck pain, headaches, shoulder pain and numbness and tingling in upper extremities.

If you look at a young person texting or using one of these other items, you can immediately see what is causing the problem: the person sits for long periods with the head flexed forward. This position reverses the natural curve of the neck and upper spine and can quickly lead to degenerative changes. And since a change in any one part of the spine affects the whole body, negative effects to the lower spine, lung function, and gastrointestinal function are likely to follow. Teens and young adults using these handheld electronic devices for long hours are also putting themselves at risk of developing arthritis at an early age.

Chiropractic care is the perfect remedy for correcting these problems, but in this case in particular, education is a vital part of the solution. Anyone sitting in a "forward head position" for hours each day must learn other ways of sitting so they can achieve improvements from Chiropractic care and prevent further damage.

Unfortunately, use of these devices proves to be addictive for some youth. It may take excellent education on the structure of the spine and upper body to show these youth exactly why it is important to change their habits to prevent painful health problems. That is why an educational session with the family Chiropractor is a very good thing to schedule for anyone at risk for "text neck."

When the texting or mobile-device-using person learns how their posture and the condition of their spine affects their pain, comfort and overall health, they can make better choices. And when their customary posture is corrected, Chiropractic care can then do its job, restoring the normal curve to the spine and preventing degenerative changes that could be permanent.

Source: Dynamic Chiropractic, "Forward Head Posture Caused by Texting Tell Your Patients: Your Body Is Sending You a Message", April 22, 2010,  
<http://www.dynamicchiropractic.com/mpacms/dc/article.php?t=14&id=54612>