

Text Neck

What is text neck?

Text neck is a modern age term used to describe chronic neck pain caused by excessive texting on mobile devices. In today's society, we have developed sedentary habits driven by electronic devices that are contributing to a global epidemic.

The average person spends 2-4 hours per day with their head tilted forward. This added strain on the cervical spine results in poor posture. And research shows that poor posture is associated with reduced testosterone, serotonin, and overall fatigue.

Exercises for Text Neck

Chin tucks – (Cervical Flexors are Inhibited)

First, while lying on your back, tuck your chin straight down towards your spine and hold for 10 seconds. Repeat 10 times. You should feel the muscles in the front of your neck working.

External Rotation at 90 degrees Abduction – (Rhomboids are Inhibited)

Start by holding a light to medium resistance band with your arm at 90 degrees abduction and elbow bent to 90 degrees. Begin with your forearm parallel to the floor. Next, roll your shoulder back as you pull the band so that your forearm is directed upward and wrist is pointing toward the ceiling. Maintain your shoulder blade in a retracted and downward position the entire time.

Push Up Plank Plus – (Serratus Anterior is Inhibited)

Start in a push up position with elbows fully extended as shown. Maintain this position as you protract your shoulder blades forward to raise your body upward a few inches. Then, return to original position.

Tight Pectoralis Stretch

Stand at a corner or doorway. Bring your arm to the 90/90 position with your forearm against the wall. Separate your feet so that your opposite leg is in front and slowly lean forward until you feel a gentle stretch in the front of your shoulder and chest.

Tight Upper Trapezius and Levator Scapula Stretches

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently pull your head diagonally towards the opposite side with the help of your other arm.