

IS TECHNOLOGY HURTING YOU?

Text messaging, video gaming, surfing the internet - everyone 's doing it. For "connectivity" that's a good thing but from a health perspective, with technology comes repetitive behaviors and body positions that can have dramatic health consequences, not the least of which is forward head posture.

Just think about it. Hours on end with your head down, neck scrunched, staring at a tiny phone. You're just asking for trouble, starting with neck pain and tension headaches. Your body is sending you a message!



Your Body is Sending You a Message!

Fast Facts: The Consequences of Forward Head Posture

1. Long-term forward neck posture leads to "long-term muscle strain, disc herniations and pinched nerves." (Mayo Clinic Health Letter, March 2000)

2. A recent study "demonstrated a strong association between an increased forward head posture and decreased respiratory muscle strength in neck patients." (Cephalgia, February 2009)

3. "For every inch of forward head posture, it can increase the weight of the head on the spine by an additional 10 pounds." (Kapandji, Physiology of the Joints, Volume 3)

4. "Loss of the cervical curve stretches the spinal cord 5-7 cm and causes disease." (Dr. Alf Breig, neurosurgeon and Nobel Prize recipient)

5. "90% of the stimulation and nutrition to the brain is generated by the movement of the spine," says Dr. Roger Sperry, Nobel Prize recipient for brain research. Dr. Sperry demonstrated that 90 percent of the energy output of the brain is used in relating the physical body to gravity. Only 10 percent has to do with thinking, metabolism, and healing, so when you have forward head posture, your brain will rob energy from your thinking, metabolism, and immune

function to deal with abnormal gravity/posture relationships and processing.

6. According to Rene Cailliet MD, director of the Department of Physical Medicine and Rehabilitation at the University of Southern California, forward head posture can add up to 30 pounds of abnormal leverage on the cervical spine. This can pull the entire spine out of alignment.

7. FHP has been shown to flatten the normal neck curve, resulting in disc compression, damage and early arthritis. Spine, 1986)