“Txt neck”

What is text neck?

- An overlapping of overactive and underactive musculature in the chest, neck, and shoulders

Who has text neck?

- 20% of high school students
- 35% of college students
- 80% of adults

↑ C-spine flex = ↑ wt

Normal weight of head at 5° flexion = 30-40 pounds
45° flexion = 27 pounds
60° flexion = 46 pounds
Posture evaluation shows most individuals use their phone with 45-60° flexion
Txt neck SE
- Cervicothoracic or Thoracic Spine Mobility and Pain
- Upper Extremity Pain or Symptoms
- Headaches and Migraines
- Dizziness and Vertigo
- Respiratory Function

Txt neck Tx
- Education and Lifestyle Modification
  - Posture
  - Return to non-provocative, pre-pain activities
- Manual Therapy
  - Cervical manipulation and mobilization
  - Thoracic manipulation and mobilization
  - Dry needling
- Exercise
  - Coordination, endurance, and strengthening
  - Nerve mobilization
  - Repeated movement
  - Self massage
  - Stretching
Resources