

HOW TO COMBAT “TECH NECK”



The average American spends over eight hours per day on digital devices. This prolonged screen time has led to a rise in “tech neck”—neck pain and stiffness caused by looking down at phones, tablets, or computers for extended periods.

Just tilting your head at a 15-degree angle increases the strain on your neck to 27 pounds—more than double the normal 10–12 pounds it usually supports.

Tech neck is especially common among younger generations due to their increased device usage.

TIPS TO PREVENT TECH NECK

- **Limit Screen Time:** Set boundaries for how long you spend on your phone or other devices.
- **Adjust Screen Angle:** Use a stand or elevate your device to eye level to avoid looking down.
- **Stay Active and Stretch:** Regular movement and stretching help keep your neck and shoulders flexible.
- **Hold Devices at Eye Level:** Raise your phone or tablet so you’re looking straight ahead instead of down.
- **Use Voice-to-Text:** Minimize time spent texting by speaking instead of typing.

Small changes can reduce neck strain and protect your posture. Start today to prevent long-term issues.