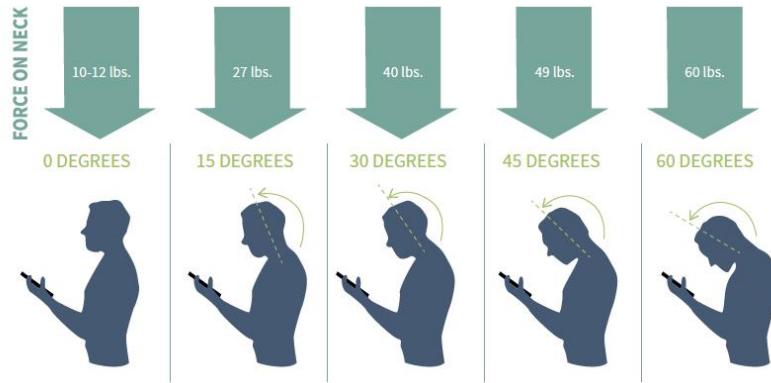


TEXT NECK

SAVE YOUR NECK FROM YOUR SMARTPHONE



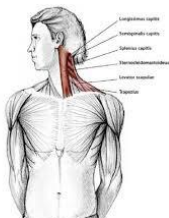
4 TIPS TO AVOID TEXT NECK



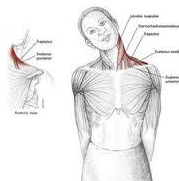
- 1) Make an effort to stay in a neutral position so that your ears are aligned with your shoulders.
- 2) Simply hold your phone in front of your face while keeping your back straight.
- 3) If you look down at your device do it with just your eyes.
- 4) Avoid spending hours each day hunched over and remember to take frequent breaks.

RELIEF EXERCISES

Turn head from one side to the other and hold for 30 secs.



Tilt head from one side to the other and hold for 30 secs.



Stand in a doorway and place both arms on doorjam then step through with one leg and hold for 30 secs.

