

### How Smart Phones Effects Health/ Tech Neck: Causes and Preventions

Now a days every other individual irrespective of the age is spending hours and hours on mobile phones or laptops. There is a research stating that normally people spend 1400 hours every year on their smart phones. We don't realize and notice that when we are checking our mails, Facebook or instagram post we are placing our neck in overstressed forward posture. To mention and prevent this problem WHO gave it's the name of Tech Neck Syndrome. In medical terms Tech neck is also known as Cervical Kyphosis Syndrome. This is a result of hunch back slouch posture which is very painful and doesn't allow individuals to perform daily activities. When a person bend his neck in forward posture to look at screen of laptop or mobile that is where the problem starts which causes pain and tension in neck and shoulders. Its symptoms vary from individual to individual i.e. Cariogenic headaches, Stiff back and necks. In most chronic situations patients feels numbness and tingling radiation towards arm. There are many preventive measures that can be taken while using electronic devices to prevent this syndrome. It includes raising the phone to eye level while using it or adjusting the table height to eye level while using laptop. Individual should sit straight with back straight and take frequent breaks while using it. The most important way to prevent such pains are to exercise healthy and maintain a good life style.

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