

As If We Didn't Have Enough to Worry About – Text Neck is Here

First Blackberry Thumbs and now 'Text Neck'! Text Neck is stated to be an epidemic causing musculoskeletal disorders caused by, you guessed it, looking down/hunched over/neck bent while texting.



Think about the number of employee's texting – including probably you! Looking down for long periods is similar to the principle of correct lifting since the further away from the fulcrum (in this case the neck), the heavier the object or force of pressure. The weight of the neck at a 15-degree angle is estimated at 27 pounds, at a 30-degree angle the weight increases to 40 pounds, and at 60-degrees the weight increases to 60 pounds. That's an incredible amount of pressure on our necks.

The pressure – force on the neck – from poor posture can cause wear and tear on the upper spine leading to degenerative conditions and/or significant discomfort. And it's not just while texting – many spend hours hunched over keyboards and other electronic devices. The musculoskeletal disorders are often serious and there are other serious medical consequences as well. For example, poor posture has also been linked to headaches, lung issues, depression, and heart disease.

The solutions? There are several, but one obvious one is to hold your head up and maintain neutral posture while texting, using laptops, etc. Also, consider the use of texting as a quick form of communication.

TEXTING WHILE DRIVING FACTS



82%
OF DRIVERS 16 TO 24
SAID THEY HAVE TEXTED
WHILE DRIVING.

(AD COUNCIL, 2011)



85%
OF YOUNG ADULTS
WHO TEXT WHILE DRIVING
AGREE THAT TEXTING
IS A PROBLEM.

(AD COUNCIL, 2011)



77%
OF YOUNG ADULT DRIVERS
ARE SOMEWHAT TO VERY
CONFIDENT THEY CAN
SAFELY TEXT WHILE DRIVING.

(AD COUNCIL, 2011)

[FACEBOOK.COM/STOPTHETEXTS](https://www.facebook.com/stopthetexts)

glee

Ad
Council

NHTSA
DISTRACTION.GOV

STOP THE TEXTS.
STOP THE WRECKS.