



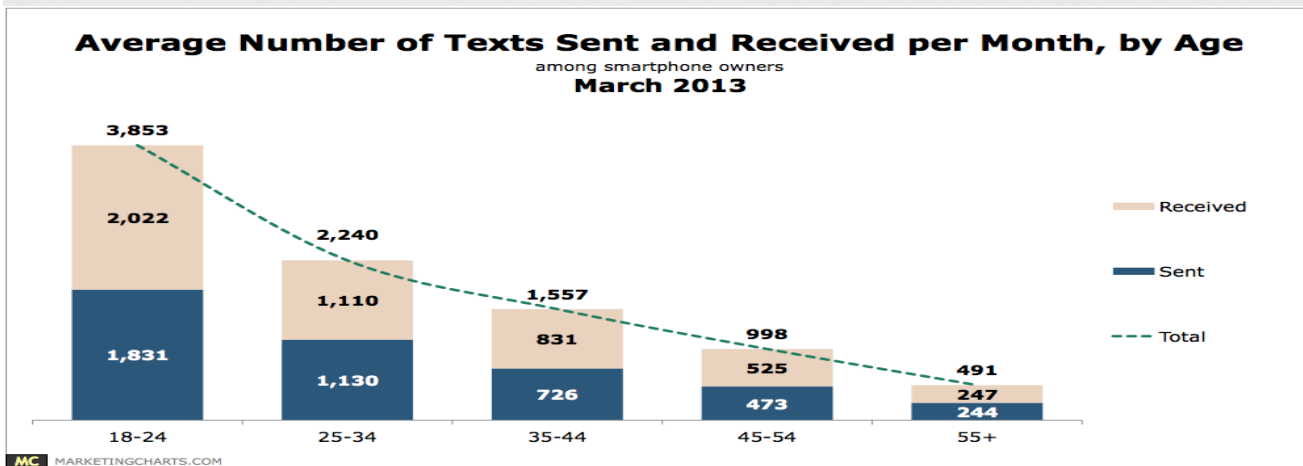
IMG PHYSICAL THERAPY

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The Number One Way You Are Killing Your Posture



Cell Phones Are Killing Our Posture

- Forward head posture that is caused by looking at a small screen places an enormous amount of strain on your neck.
- The above picture shows the increase in weight and stress on the head with a more forward head posture (12 to 60lbs.)
- This posture causes the muscles and joints in your neck to be stretched to their end range, which causes muscle tightness, muscle soreness, neck pain, and even headaches. Overtime, the results are cumulative and cause loss of motion of the vertebra in your spine and places stress on your discs and nerves.

Below is a list of problems that are associated with cell phone posture:

- Forward head posture
- Limited abilities to use your arms over head
- Tightness in your thoracic spine (the area around your shoulder blades)
- Excessive extended posture of your low back along with anterior tilting of your pelvis (think pregnant lady back curve)

These can cause problems all over your body, including neck pain, shoulder impingement, rotator cuff injuries, low back pain, tight hip flexors, and tight hamstrings, just to name a few.

What To Do About It

Cell phones do not cause these problems. We do by how we use them.

Because we are not going to stop using cell phones, here are 2 tips to minimize the effect of phones on your posture:

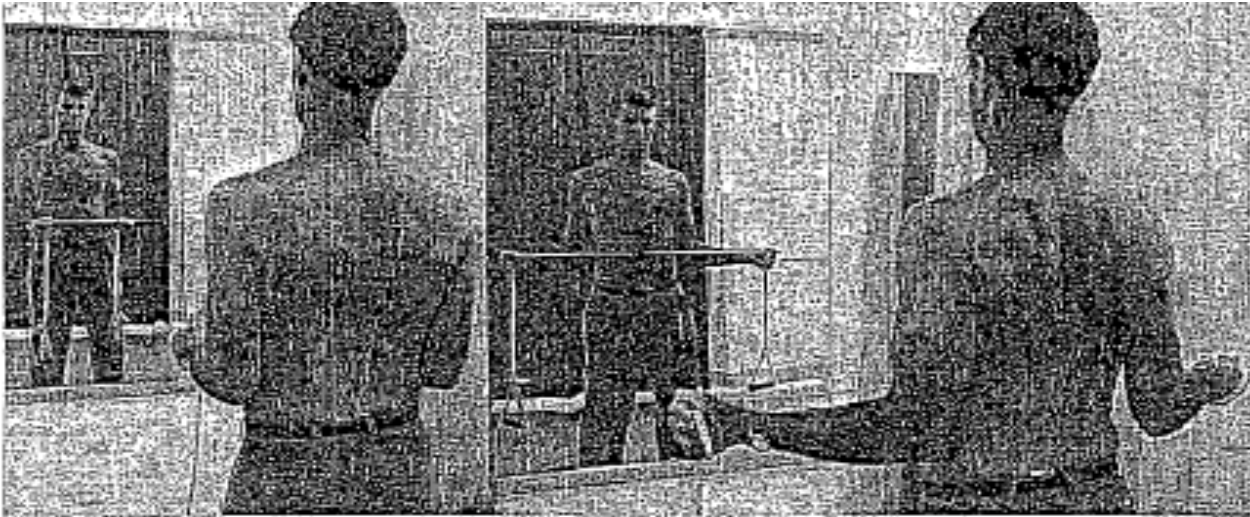
1. Bring your cell phone to your eyes, not your eyes to your phone

2. Reverse your posture frequently throughout the day

Probably the most important strategy is to reverse your posture frequently throughout the day. For people sitting at a desk all day, get up and walk around frequently. For those texting, you need to reverse your forward head posture.

There is one easy exercise we use all the time, the shoulder W (shoulder blade pinch)

With or without resistance tubing: Pinch your shoulder blades back together while your elbows are bent at a 90 degree angle. Hold for 3 seconds. Do sets of 15. Build up to 2 – 3 sets.



The above information comes from The Washington Post and highlighted by Mike Reinold in November 2014