



SANTIAGO CHIROPRACTIC ASSOCIATES

2015

75 NORTH BEVERWYCK ROAD, LAKE HIAWATHA, NJ 07034
(p) 973.335.5666, (f) 973.335.6187
www.SantiagoChiropractic.com

“Text Neck” Becoming an ‘Epidemic’

Lake Hiawatha, NJ, January 2015 —What is it? The human head weighs approximately 12lbs. But as the neck bends forward and down, the weight on the cervical spine begins to increase (See **Figure 1**). This is the burden that comes with staring at a smartphone—the way 58% of Americans do for hours every day according to research published in the National Library of Medicine.

Over time, research states, this poor posture, now being called, “text neck,” can lead to early wear-and-tear on the spine, degeneration and even surgery. Look around you—everyone has their heads down! Smartphone users spend an average of 2-4 hours/day hunched over, reading emails, sending texts or checking social media. That equals 700-1400 hours/year people are putting stress on their spines. High-schoolers have shown to be even worse, some conceivably spending an additional 5,000 hours in this position. With this excessive stress on the neck, we are starting to see adolescents requiring increased spinal care.

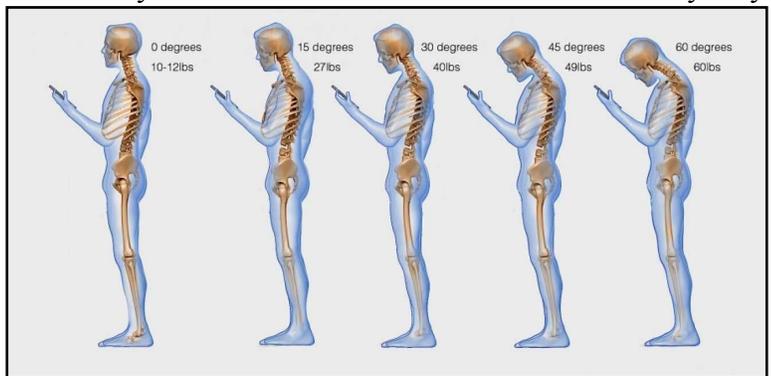


Figure 1. Images visualize the increased stress on the neck as cervical flexion increases. (Having trouble grasping the significance of 60lbs? Imagine carrying an 8-year old around your neck several hours/day.)

“As you stretch tissue for long periods of time, it can become sore and even inflamed,” explains Dr. Scarano. “Over time, this chronic stretch can potentially cause muscle strain, pinched nerves, joint dysfunction and even effect the neck’s natural curve. Resulting poor posture can cause other problems as well—reducing lung capacity by as much as 30%, causing headaches, depression and even heart disease.”

What Can You Do? While it may be nearly impossible to avoid the technologies that cause these issues, adults, parents and especially teens should consider these tips:

- Make an effort to look at your phone with a neutral spine (See **Figure 2**).
- Limit usage of your smart phone to less than 1 hour/day.
- Look down at your device with your eyes, not your neck.
- Exercises: Move your head from left to right several times. Use your hands to provide resistance and push your head against, first forward and then backward. Stand in a doorway with your arms extended pushing your chest forward to strengthen the muscles of good posture.
- Get regular treatments from a chiropractor to address any joint dysfunction and/or muscle shortening or weaknesses.

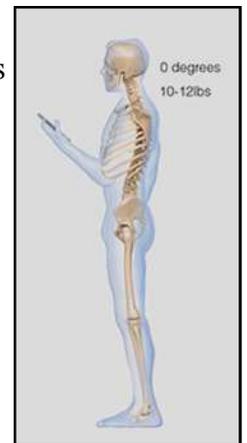


Figure 2. Phone use with neutral spine.



Make New Year's goals.

The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.

New Year, New You Tip:

Try this Easy Suggestion: First thing in the morning—take an 8oz. cup of warm (not hot) water, add the juice of a half lemon and one tablespoon of honey to it, mix it well and drink it quickly. *You may choose to brush before you drink, but it is recommended to drink beforehand. Also, do not drink coffee or tea for at least one hour after drinking the mixture.*

20 Reasons to Start Your Day with Water, Lemon & Honey

1. Reduces pain in joints and muscles.
2. Provides the body with electrolytes such as potassium, calcium & magnesium for hydration.
3. Aids digestion (citric acid in lemon stimulates the secretion of gastric juice and digestion).
4. For a quick boost of energy, honey is an excellent low-glycemic index option.
5. Cleanses the liver and stimulates it to release toxins.
6. Anti-inflammatory properties fight infections of the respiratory tract, cough, sore throats and inflammation of the tonsils.
7. Helps regulate natural bowel movement.
8. Antioxidant properties of lemon protect the body from free radicals and strengthening the immune system.
9. Helps fight depression and anxiety caused by low levels of potassium in the blood.
10. Cleanses blood, blood vessels and arteries.
11. Can lower blood pressure by as much as 10%.
12. Alkalinizing effects on the body maintains a higher level of pH aiding in the ability to fight disease. Cancer cannot thrive in an alkaline environment.
13. Vitamin C improves the condition of our skin.
14. Dilutes uric acid, the built up of which leads to pain in the joints and gout.
15. In pregnant women, aids in the formation of the bone tissue and cells of the brain and nervous system of the unborn baby.
16. Relieves heartburn.
17. Dissolves gallstones, kidney stones, pancreatic stones and calcium deposits.
18. Suppresses hunger cravings (pectin fiber in lemons).
19. Helps with tooth pain, bad breath and gingivitis.
20. Honey, especially local, can build your natural immunity against pollen reducing allergy symptoms.



CONGRATULATIONS!!!

Santiago Chiropractic Associates would like to congratulate Dr. Andrew Blonski for his recent graduation with honors from the University of Western States' Chiropractic Program. Dr. Andrew spent November and December serving as an extern in our office. We would like to extend a thank you to Dr. Andrew for his assistance at SCA during his time here and to our patients as well for welcoming him and helping to facilitate this learning experience in the field.



For more health tips and ways to eat well, move well and think well:

[Like Us!](#) "Santiago Chiropractic Associates"