

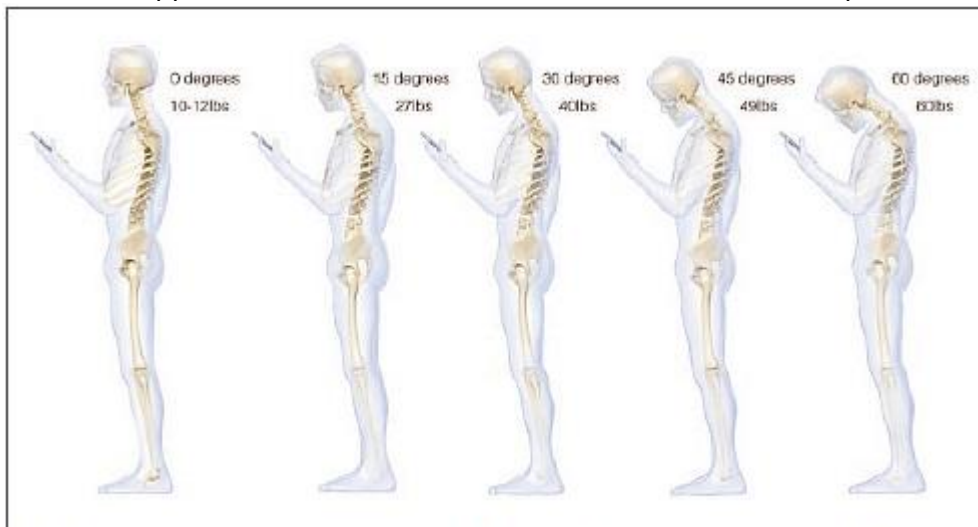


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O S T E O P A T H Y

Text Neck

During my training in Central London we saw many patients with the neck and shoulder outcomes of the switch from typewriters to computer based work stations. It was unknown at the time that this was injurious but after some years the ergonomic setups were recommended for desk work. Further advice can be seen in the Desk Layout file <http://www.andrew-knight.co.uk/pdf/2015%2009%20desk%20layout.pdf>

Latterly a similar phenomenon has come to light in the form of “text Neck” which relates to the posture of the head whilst using hand held devices. The following graphic demonstrates the forces applied to the neck and the source of the information presented.



From *Assessment of Stresses in the Cervical Spine Caused by Posture and Position of the Head* by Kenneth K. Hansraj, MD

