



Text Neck Syndrome Dark Side of Smartphone Romance

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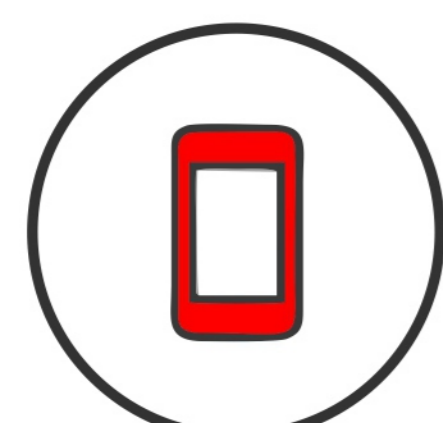
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What is Text Neck Syndrome

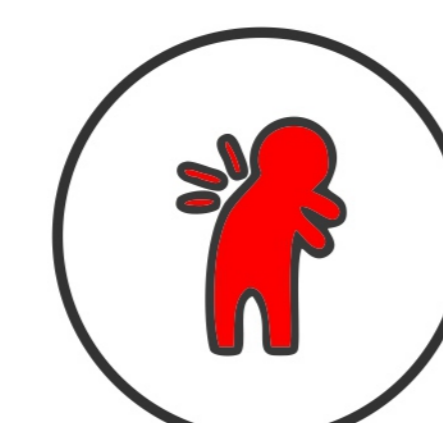
Text Neck Syndrome (TNS) is a syndrome involving the head, neck and shoulders. usually resulting from repetitive stress injury on the spine, where the individuals neck would constantly be placed in an angle position rather than straight from glaring at their mobile or any electronic device for extended periods of time.⁽¹⁾



8 out of 10 people own at least one smart phone (1)



92% of people aged 18-24 years do not know what TNS is(1)



70% Of people have neck and back pains while using mobile devices(1)

Awareness of Text Neck Syndrome

This study aimed to check awareness of TNS in young-adult population and their knowledge about TNS.⁽¹⁾

Methods:

An observational study with a sample size of 311 with a self-administered questionnaire. it included questions pertaining to:

- Personal and information related to phone usage.
- Awareness and knowledge related to TNS.
- Hazards of excess phone usage.

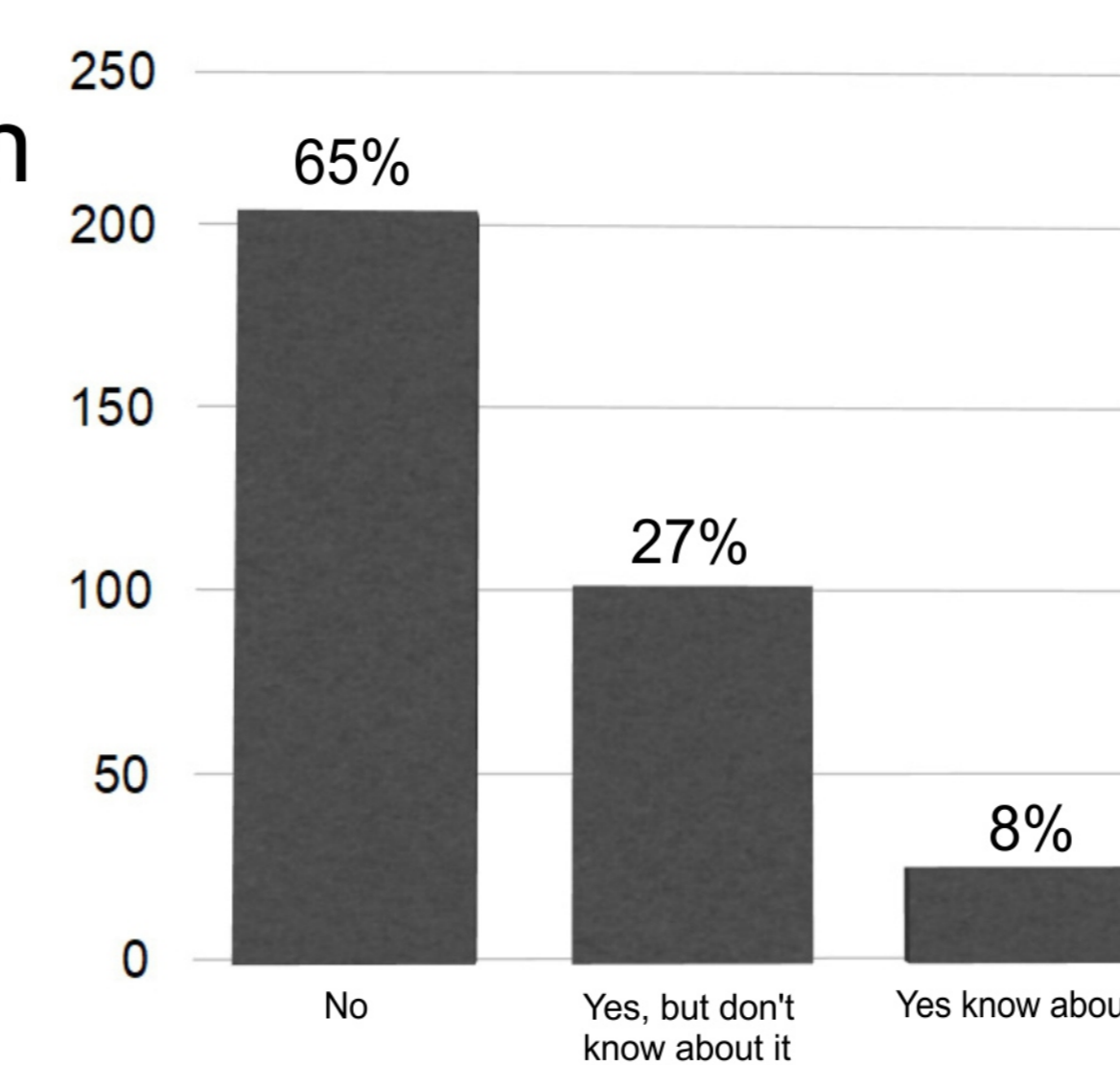


Figure 3(1): Showing the results for question, have you heard about text neck syndrome?

Conclusion

To sum things up, several measures are needed to be taken, including regular breaks during work to keep TNS at bay. Simply by keeping a healthy spine with raising handheld devices to eye level so the neck doesn't have to be tilted. Change positions when texting. Lying on one's back is an excellent way to relieve pressure on neck. Stand up straight with a good posture. Stretch neck and moving upper back periodically to ease muscle pain.



Figure 5(6)

How Phone Usage Could Damage Your Spine

Forces on the neck increase the more we tilt our heads, causing spine curvature.⁽²⁾

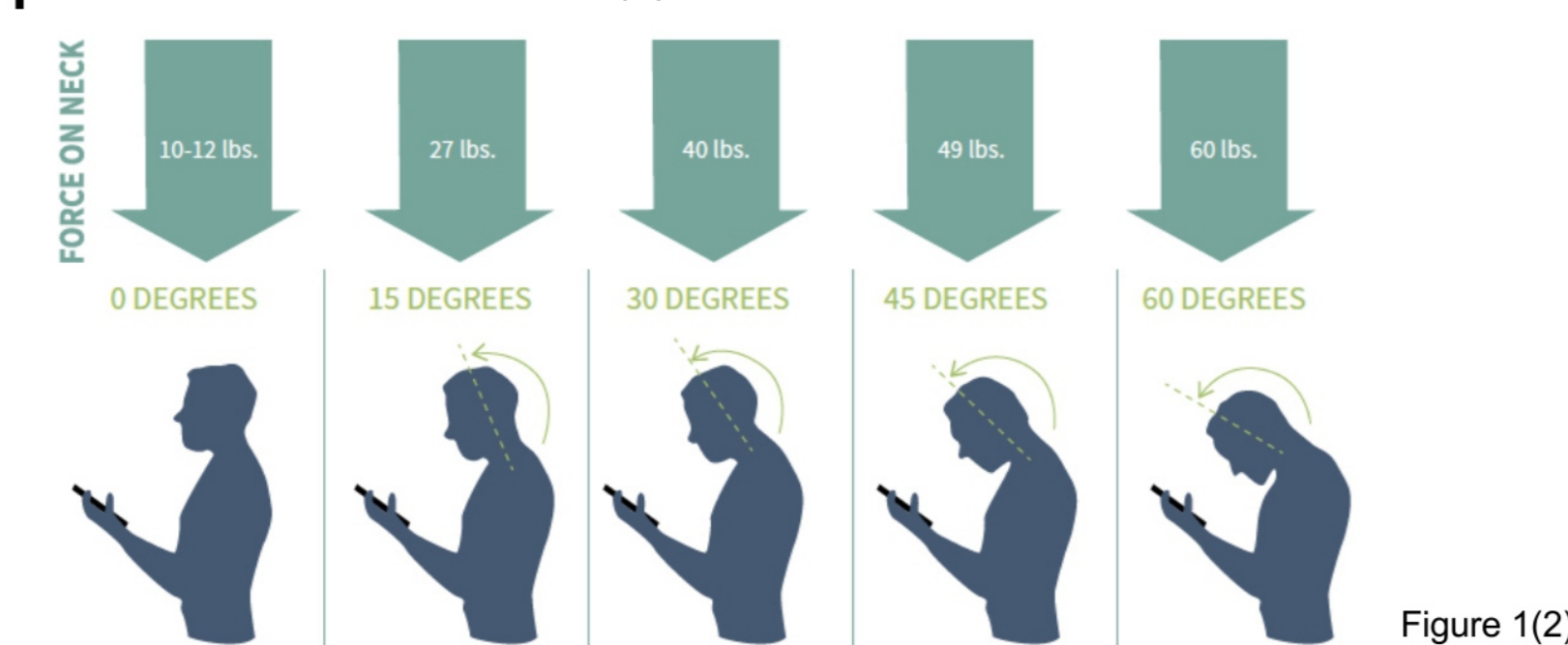


Figure 1(2)

If TNS is left untreated, then it can lead to some serious permanent damage, such as:

- Flattening of the spinal curve.
- Spinal misalignment or degeneration.
- Disc compression or herniation.
- Nerve damage.
- Muscle damage.⁽²⁾

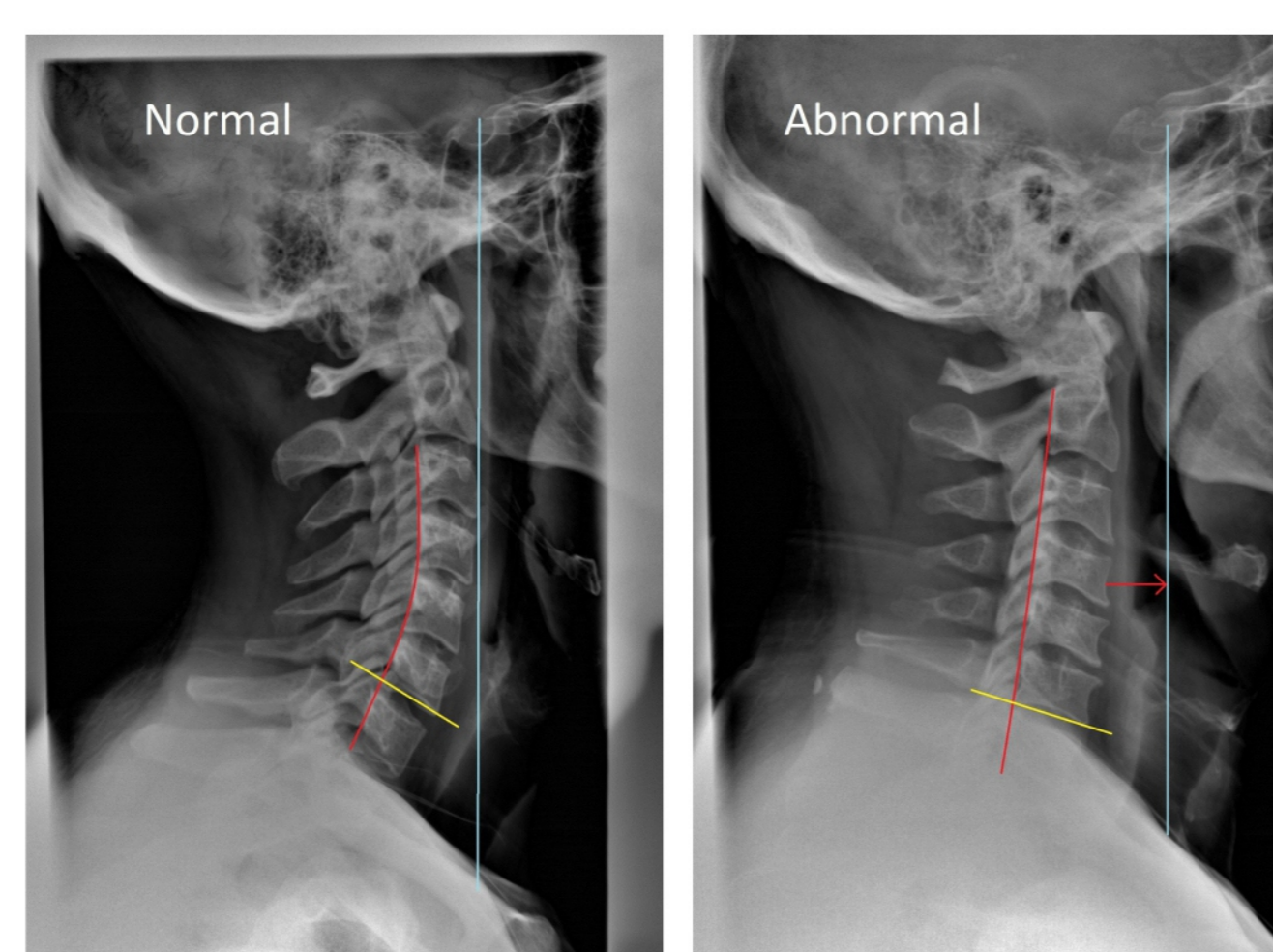


Figure 2(4)

Relationship Between Prolonged Use of Handheld Devices and Neck Pain

This study was based on the correlation analysis between hours of smart phone use and neck pain.⁽²⁾

Methods

A survey on 2353 number of students, a self report questionnaire of questions regarding the hours of using smartphones and neck discomfort degree and using Neck Disability Index (NDI) to evaluate degree of pain.

Results

66.9% of them use their smart phones more than 2Hrs daily, and 48.8% use their smart phone 0-30 Min daily.

The overall score according to NDI was:

- No disability (0-4) = 62.2%
- Mild disability (5-14) = 32.8%
- Moderate (15-24) = 1.19%

Score	Driving*
0	I can drive my car without any neck pain
1	I can drive my car as long as I want with slight pain in my neck
2	I can drive my car as long as I want with moderate pain in my neck
3	I can't drive my car as long as I want because of moderate pain in my neck
4	I can hardly drive at all because of severe pain in my neck
5	I can't drive my car at all

*The severity of the disability was graded as none or little (grades 0, 1, 2) or severe (grades 3, 4, 5) disability.

Figure 4(5)

References

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