



## **Twitter:**

Avoid text neck! Hold your device @ eye level. #TechnoHealthy

The center of your computer monitor should be at eye-level. Put a book under your monitor if necessary. #TechnoHealthy

Avoid BlackBerry thumb! Don't text for more than three minutes without a break. #TechnoHealthy

Try moving your computer mouse with your shoulder instead of your wrist. #TechnoHealthy

Avoid neck strain by keeping your computer monitor an arm's length away. #TechnoHealthy

When using a gadget with a small keyboard, avoid typing for more than three minutes without a break. #TechnoHealthy

Is all that texting a literal pain in the neck? Chiropractic care is a natural way to ease the pain. #TechnoHealthy

Text neck, BlackBerry Thumb – don't be a victim. Visit [www.TechnoHealthy.com](http://www.TechnoHealthy.com) to stay connected and injury-free. #TechnoHealthy

## **Facebook:**

Avoid using PDAs while in bright sunlight. Straining to see the screen leads to jutting the chin forward, shifting work from the spine to the muscles that hold up the head.

Break time! To counteract hunching over, stand up straight with your arms down at your sides. Turn your forearms until your thumbs are pointing at the wall behind you. Hold for 10 – 15 seconds. Ahhhhh...

Forward head posture (while texting) can result in diminished vital capacity of the lungs by as much as 30 percent. This shortness of breath can lead to heart and blood vessel disease.

Minimize the use of scroll wheels as they often cause inflammation of thumb tendons.

Computer users should also frequently look away from their screen and focus on something about 20 feet away. This provides a break for the eye muscles.

Don't bend your neck excessively when texting; tuck your chin in instead and look down.

Incorrect posture and the excessive use of mobile devices can lead to neck, back, wrist and even thumb pain, in addition to other musculoskeletal issues. A doctor of chiropractic can teach you stretches and exercises that can help prevent pain and injury.

Feeling torn between staying connected and staying injury-free? Visit [www.TechnoHealthy.com](http://www.TechnoHealthy.com) and get TechnoHealthy!