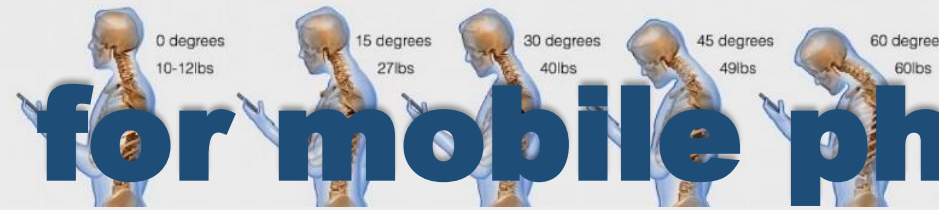


Exercises for mobile phone users



5 EASY EXERCISES

- 1. Head Drop:** Start in a straight seated position and retract your neck. Slowly move your head up and down as far as you can comfortably. Return to your starting position and repeat 10 times. Do this exercise again at the end of each session.
- 2. Neck Retraction:** Start in a sitting position, bring head straight back, keeping your eyes on the horizon then return to neutral. Repeat 10 times.
- 3. Side Bend:** Sit down, bring head into neck-retraction position, then gently guide right ear toward right shoulder with right hand. Stop when you feel a stretch on the left side of your neck then return to neutral. Repeat 5 times of each side.
- 4. Rotation:** While sitting, bring your head into neck-retraction position, then gently turn your head diagonally to the right, so your nose is over your shoulder. Return to neutral and repeat 5 times in each direction.
- 5. Shoulder Blade Pall:** While sitting bend raised arms at 90-degree angles. Relax shoulders and neck. Keeping arms and neck still, squeeze the muscles between shoulder blades, drawing shoulder blades closer together. Return to neutral and repeat 5 times.

HACKS AGAINST TEXT NECKS

Having a cellphone has its benefits, but most people ignore the health risks. Text-Neck is an overuse syndrome or a stress injury, in which you have your head hung forward and down looking at your mobile device for extended periods of time.

The frequent usage of a mobile device causes problems such as chronic headaches and shoulder/neck pain; it also increases the curvature in the spine –especially during childhood, since the bones are still more elastic and growing. So malformation is a real issue; not to mention the head-aches, which can only be treated with expensive therapies.

What if just a few minutes of daily exercise can prevent all of it?

This folder will help you with preventing and mending the above-mentioned problems.



References and further informations

<http://www.golem.de/0911/71157.html>

<http://www.self.com/flash/fitness-blog/2011/10/6-ways-to-relieve-text-neck/>

<http://www.chiropractic.on.ca/text-neck-how-to-avoid-strains-and-pains#.VPAXqi6oNA8>

