VAN DAM CHIROPRACTIC

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Chiropractic Solutions for Tech Neck

Tech neck syndrome, or text neck, is a common problem caused by poor electronic device posture. It results in chronic neck or shoulder pain from prolonged periods of looking down at screens.

The human head weighs between 10 and 12 pounds in a neutral position. However, tilting forward becomes significantly heavier, increasing neck and spine strain. This prolonged stress can lead to musculoskeletal fatigue and pressure on the nerve supply in the neck, potentially causing referred pain in the arms and hands [1].

Prolonged tech neck posture strains shoulders, neck, and back muscles, pressuring the spine. This can cause stiffness, soreness, and reduced mobility in the neck and shoulders, potentially leading to headaches and other pain issues. Additionally, tech neck may contribute to headaches, lower back pain, and even temporomandibular joint pain [2].

The Impact of Technology on Neck Health

Excessive smartphone use, averaging over three hours daily with 58 checks [1], significantly impacts neck health. Poor posture while using devices contributes to increased neck pain and related issues.

When individuals look down at their screens, they tend to bend their necks forward, causing the head to drift out of its natural alignment. This position places additional stress on the cervical spine, intervertebral disks, and surrounding muscles. The human head weighs 10-12 pounds in a neutral position, but bending it forward at a 45-degree angle can increase the force on the neck to nearly 50 pounds [2].

Prolonged use of devices can cause "tech neck," leading to chronic pain and stiffness. Poor posture strains bones, nerves, and muscles, potentially causing muscle stiffness, joint inflammation, and serious spinal issues like herniated disks.

Chiropractic Approaches to Tech Neck

Chiropractic care offers effective solutions for addressing neck pain from phone use, commonly known as tech neck. Chiropractors utilize a range of techniques to realign the spine, relieve muscle tension, and enhance overall body mechanics. They can correct misalignments in the spine through spinal adjustments, known as subluxations, which significantly impact posture and contribute to tech neck symptoms.

These adjustments are complemented by proper ergonomics and body mechanics advice to prevent future postural issues. Chiropractors often incorporate soft tissue therapy, stretching exercises, and strength

training to address the muscular imbalances associated with tech neck. They focus on relaxing overused muscles and strengthening those that support good posture, particularly the core muscles.

Education is a crucial part of chiropractic care for tech neck. Patients receive guidance on maintaining proper posture during daily activities, including advice on correct sitting, standing, and lifting techniques. This comprehensive approach helps alleviate the pain and discomfort associated with tech neck while promoting long-term postural improvements.

Preventing Tech Neck: Lifestyle Changes

Hold devices at eye level and take regular breaks every 20-30 minutes to prevent neck pain from phone use. Strengthen neck, shoulder, and core muscles to improve posture.

Create an ergonomic work environment with supportive chairs and adjustable desks. To reduce strain, use Bluetooth accessories and alternate between thumbs and fingers while texting.

Practice good posture by keeping your back straight, shoulders back, and chin tucked. Implement stretching routines to alleviate tension and improve flexibility. By being mindful of technology's impact on health, you can significantly reduce the risk of tech neck.
incontinence and pelvic pain.

Chiropractic and Metabolic Health & Weight Management

Recent scientific evidence points to spinal health's connection with metabolic function and weight management. Through spinal adjustments, chiropractors work to optimize nerve function, which directly affects how the body processes nutrients and maintains hormonal balance.

Research published in the Journal of Chiropractic Medicine shows that regular spinal adjustments can influence insulin sensitivity and glucose regulation. A 2019 study by Thompson et al. [3] documented improved glycemic control in patients receiving weekly chiropractic care over six months, with participants showing an average 8% reduction in fasting blood glucose levels.

The central nervous system controls metabolic processes through various pathways. Vertebral misalignments can interfere with nerve signals that regulate hunger, satiety, and energy expenditure. Correcting these misalignments helps restore proper communication between the brain and body systems involved in metabolism.

Beyond spinal care, chiropractors often incorporate nutritional guidance and exercise recommendations into their approach. A 2021 study in the International Journal of Environmental Research and Public Health by Martinez [5] and colleagues found that patients who combined chiropractic care with dietary modifications achieved 23% greater weight loss compared to those following dietary changes alone.

Stress reduction represents another way chiropractic care supports metabolic health. Physical tension in the spine triggers the release of cortisol, a stress hormone that promotes fat storage, particularly around the midsection. Regular adjustments help lower cortisol levels by reducing physical stress on the nervous system.

Movement patterns also change with proper spinal alignment. Many patients report increased energy and mobility after adjustments, making them more likely to maintain active lifestyles. This increased activity naturally supports healthy metabolism and weight management goals.

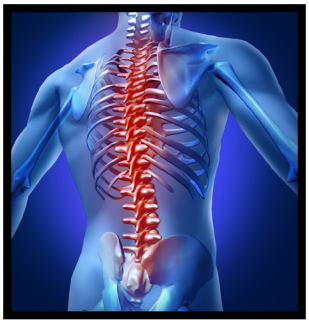
Chiropractic care often improves sleep quality, which directly impacts metabolic function. Poor sleep disrupts hunger hormones and insulin sensitivity. By addressing spinal issues that interfere with comfortable rest positions, chiropractors help patients achieve more restorative sleep.

Inflammation throughout the body can slow metabolism and contribute to weight gain. Spinal adjustments have been shown to reduce inflammatory markers in the bloodstream, creating an environment more conducive to healthy weight management.

The autonomic nervous system, which controls many unconscious bodily functions, including digestion, responds positively to spinal care. Proper nerve flow supports efficient digestion and nutrient absorption, essential components of metabolic health.

Current research continues to uncover connections between spinal health and metabolism. As we understand more about these relationships, the role of chiropractic care in supporting metabolic function becomes increasingly clear.

Research and Chiropractic



There seems to be no end to the conditions that respond to chiropractic care – physical as well as psychological conditions.

That is because chiropractic does not "treat" a particular condition. Chiropractic care "treats" or more accurately "corrects" a serious interference to brain, nervous system and energy function known as the subluxation.

No matter what condition you or a loved one may have, you will always function better when free from subluxations. Chiropractors are uniquely trained to locate and correct subluxations. Enjoy this month's cases and see more next month.

Cyclic Vomiting Syndrome. A six-year-old boy with Cyclic Vomiting Syndrome, characterized by recurring episodes of intense vomiting, sought treatment after suffering for three years. His episodes, seemingly triggered by antibiotics, involved vomiting every 10-20 minutes for four hours. Various medications prescribed by specialists proved ineffective.[4]

After receiving chiropractic adjustments for multiple spinal subluxations, he experienced only one minor episode. At his five-month follow-up, his condition had completely resolved.

Blood pressure, pulse rate, and chiropractic. A randomized controlled study divided subjects (ages 18-100, two-thirds female) into three groups: chiropractic care, sham adjustment, and control. Blood pressure and anxiety were measured before and after intervention.

Only the chiropractic group showed statistically significant decreases in both systolic and diastolic blood pressure. The placebo and control groups showed no significant changes. [5]

A librarian is working late one night when a chicken walks in and says, "Book book book!" The librarian hands the chicken three books, and the chicken leaves happy.

The next night, the chicken returns: "Book book book!" The librarian hands over three more books.

This goes on for a week until the librarian decides to follow the chicken. She discovers the chicken bringing the books to a frog sitting on a lily pad.

The frog looks at each book and says, "Reddit, Reddit, Reddit."

What's the difference between a poorly dressed man on a unicycle and a well-dressed man on a bicycle? ATTIRE!

Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.
As a special thank-you, if you refer someone to Van Dam Chiropractic and they put down your name as the referral Dr. Van Dam will send out a *$10 GIFT CARD TO STARBUCKS*
We know there are a lot of choices of doctors for your healthcare and we thank-you for choosing us.

References

[1] - https://www.webmd.com/pain-management/what-to-know-text-neck
[2] - https://healthmatters.nyp.org/how-to-prevent-tech-neck/
[3] - https://pmc.ncbi.nlm.nih.gov/articles/PMC3257679/
[4] - Hennings MJ, Loc T. Resolution of Cyclic Vomiting Syndrome Following Chiropractic Care: A Case Study. Journal of Pediatric, Maternal & Family Health Chiropractic, Volume 2024 Journal of Pediatric, Maternal & Family Health, Chiropractic ~ August 26, 2024 ~ Volume 2024 ~ Pages 26-29
[5]Roffers SD, Huber LL, Morris DH et al. A Randomized Controlled Trial to Measure the Effects of Specific Thoracic Chiropractic Adjustments on Blood Pressure and Pulse Rate. Clinical Chiropractic 14(4):169–170