



# Straighten Up:

## Your Screen Can Wait, Your Spine Can't.

Tech Neck is the term used to describe neck pain and damage caused by looking down at your devices.

*Symptoms Include:*

**FORWARD HEAD  
POSTURE**

**MUSCLE  
IMBALANCES**

**NECK, BACK &  
SHOULDER PAIN**

**REDUCED MOBILITY**

**HEADACHES**

**POSTURAL  
CHANGE**

**NUMBNESS AND  
TINGLING IN  
ARMS AND HANDS**



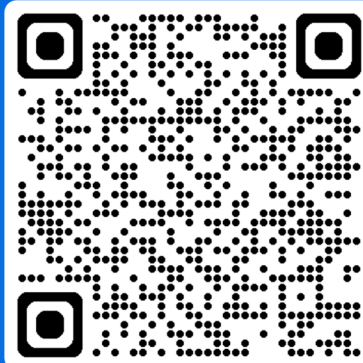
To help prevent this you can:

Hold your device at eye level  
as much as possible

Take frequent breaks from  
screens

Avoid looking down for  
extended time periods

Make sure you have carried  
out your DSE Risk Assessment



Scan the QR code  
for more  
information on  
looking after your  
back

**If you're struggling, get in touch and book an  
appointment with the James Hall Medical Team today!**

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