

Forward Head Posture / Tech-Neck



What Is Forward Head Posture (Tech-Neck)?

Forward Head Posture (FHP), often called **Tech-Neck**, happens when the head sits in front of the shoulders instead of directly above them.

It commonly develops from long periods looking down at **phones, tablets, laptops, or gaming devices**.

When the head is positioned forward, the neck and shoulder muscles work much harder, leading to pain and stiffness.

Common Symptoms

You may experience:

- Neck pain or stiffness
- Tight shoulders (especially upper trapezius muscles)
- Headaches
- Upper back pain
- Feeling like your head is “heavy”
- Reduced neck movement
- Pain that worsens after screen use
- Occasional tingling in the arms (less common)

Why Does It Happen?

- Long periods looking down at screens
- Poor desk or gaming posture
- Carrying heavy school bags
- Weak neck and upper back muscles
- Lack of movement or breaks

Is It Serious?

Tech-Neck is not dangerous, but it **can become persistent** if not managed. It usually improves well with simple exercises, good posture habits, and activity changes.

Self-Management and Treatment

1. Reduce Screen Time Posture Stress

- Hold phones at **eye level**
- Keep laptops/tablets raised on a stand
- Avoid using devices while lying on a bed or sofa
- Take **breaks every 20–30 minutes**

2. Posture Tips

- Keep ears aligned with shoulders
- Relax shoulders downwards
- Sit with feet flat on the floor
- Ensure the screen is at eye level
- Use supportive chairs when studying

3. Simple Home Exercises

Chin Tucks (Posture Reset)

- Sit tall, gently draw your chin backward
- Hold 3 seconds
- Repeat 10–15 times, 2–3 times daily

Pectoral (Chest) Stretch

- Stand in a doorway, elbows at shoulder height
- Lean forward gently
- Hold 20–30 seconds
- Repeat 2–3 times

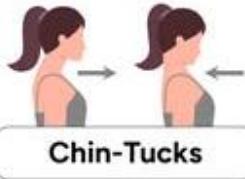
Upper Back Strengthening

- Squeeze shoulder blades together
- Hold 3–5 seconds
- Repeat 10–15 times

Neck Mobility

- Gently turn head left/right
- Tilt ear to shoulder
- 5–10 repetitions each direction

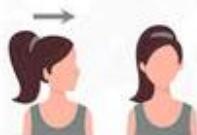
6 Exercises To Relieve Text Neck



Chin-Tucks



Neck Side Tilt



Neck Turns



Shoulder Shrugs



Shoulder Blade Pinches



Pec Stretch

Prevention Tips

- Use a stand for laptops and tablets
- Encourage regular movement breaks
- Consider a backpack with two straps
- Use ergonomically adjusted study/gaming setups

- Strengthen upper back muscles regularly

When to Seek Physio or Medical Advice

Seek help if symptoms include:

- Pain worsening despite exercises for 4–6 weeks
- Arm pain or tingling
- Frequent headaches
- Difficulty rotating or lifting the head
- Posture worsening significantly

Prognosis

Most children and young adults recover fully with:

- Regular exercises
- Improved ergonomic habits
- Reduced screen strain