

## Forward Head Posture / Tech-Neck



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### 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.

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### 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)
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### 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
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### 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.

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### 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**
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#### 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
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### **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

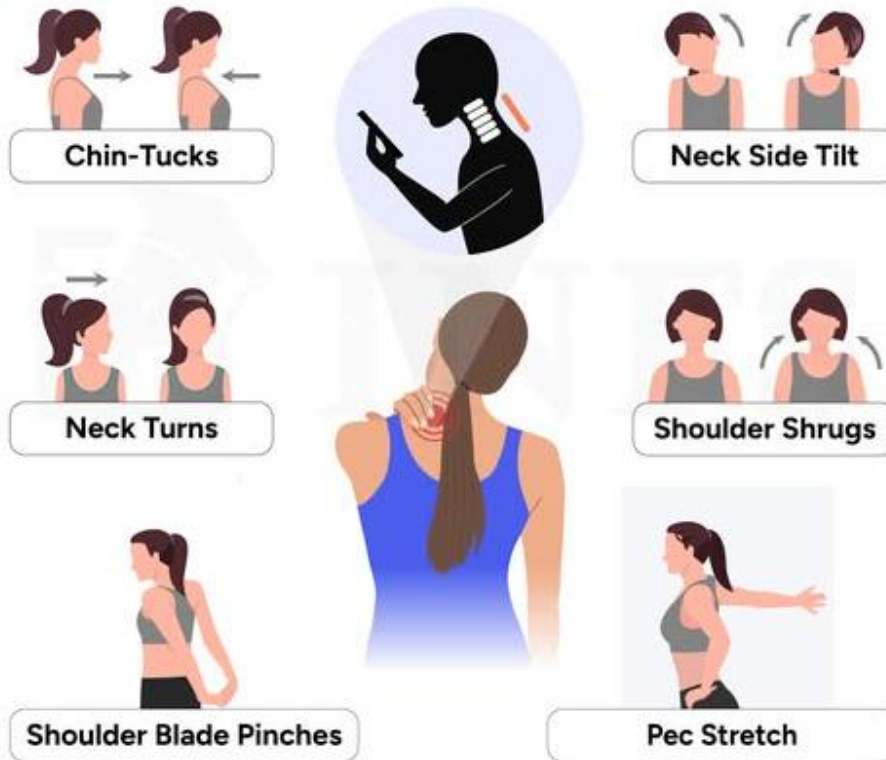
#### **Upper Back Strengthening**

- 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



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### 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
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### **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
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### **Prognosis**

Most children and young adults recover fully with:

- Regular exercises
- Improved ergonomic habits
- Reduced screen strain