

Called 'text neck' in the West, more and more people are visiting physicians with complaints of the problem

Pain in the neck? It must be your mobile!

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When Vikrant Singh was suffering from acute neck pain, he hardly had any idea that it was due to extensive usage of his mobile phone. However, according to doctors, 33-year-old Vikrant is not the only person to be experiencing such pain. An orthopaedic surgeon in a city hospital said he has been seeing 2-3 similar cases on a daily basis in the out patient department.

Research reveals that people, especially youngsters who use smart phones, end up

with severe neck pain and more often than not they have to go through physiotherapy to get rid of it. If the problem is not attended to at the right time, it may worsen and lead to degeneration of bones and joints in the neck.

Contemporary electronic technology allows people to get the benefits of endless information through the use of mobile phones. But it's a fact that technology comes with the risk of serious health problems. Experts in the West have termed this ailment as 'Text neck' and it is affecting millions worldwide.

“We see at least 2-3 cases every day. The root cause is nothing but excessive use of phones

— Dr Amit Pispati, surgeon

“My orthopaedic doctor had asked me to see a physiotherapist, who prescribed me several neck exercises and advised me to keep correcting my posture while I am working on computers or mobile phones. In fact, I was advised to hold the phone straight at my eye level to reduce the strain on my

neck muscles,” said Vikrant.

Text neck is said to be a position of neck at the time of texting on phone. If the neck is tilted in the forward position, the head weight strains the spinal chord.

Dr Amit Pispati, consultant orthopaedic surgeon at Bhatia Hospital, said: “We see at least 2-3

cases every day. The root cause is nothing but excessive use of smart phones.

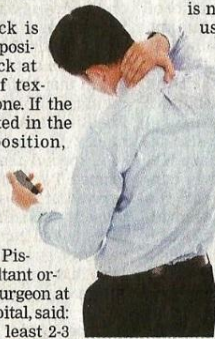
When the pain is too severe, they have to undergo physiotherapy sessions.”

Dr Reena Jaykar, senior physiotherapist at Jaslok Hospital, said: “a lot of people come up with issues like neck pain or shoulder pain. They are in the age group of 18 to 44 years. It can be said that the cause is excessive use of

mobile phones.” She added that it happens because the neck remains in an awkward position for a long time while texting or WhatsApping.

“There no specific reason for issues like neck pain; but it may not be wrong to say that use of mobile phones is one of the major causes. Longer the use of mobile phones with protruded neck position, more is the neck pain,” said Dr Pradeep Bhosale, orthopedic surgeon, Nanavati Hospital.

So, what's the advice? Doctors recommend that one must keep phones away for some time.



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