

4 ways to eliminate 'technology sickness', protect your spine and spine

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Spending a lot of time on technology, especially smartphones makes your neck more and more under pressure. If this happens for a long time and with the wrong posture it can cause intense headaches and shoulder pain, making your health and spirit affected.

The good news is that we can eliminate these painful muscles by adjusting our bad habits, correcting the wrong posture that affects our necks and shoulders through exercises to reshape the spine without equipment. support.

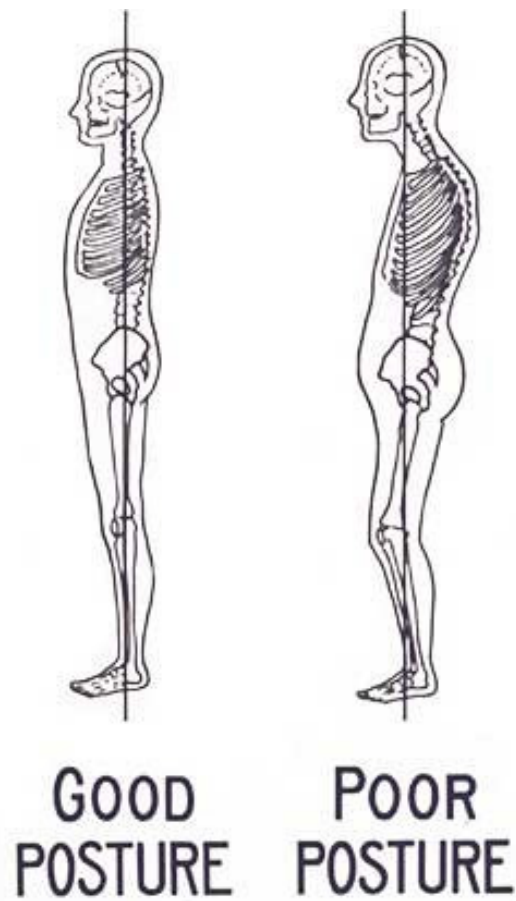


The cause of your wrong position

If you think that our head is quite light because the muscles in the neck easily keep it balanced, you're wrong. In fact, it is quite heavy, when you bow your head to watch your phone, your neck and spine are under a great pressure. If this happens often and for a long time, your neck will lose its original straight-forward posture and replace it with the wrong posture and pain.

Plus the fact that you sit and work on the computer for hours and hours with your back, leaning on the screen, encountering neck pain and shoulder pain is inevitable.

In addition, some other daily habits such as walking wrong positions, carrying heavy bags on one side, carrying heavy loads . may also cause you to be in a wrong position.

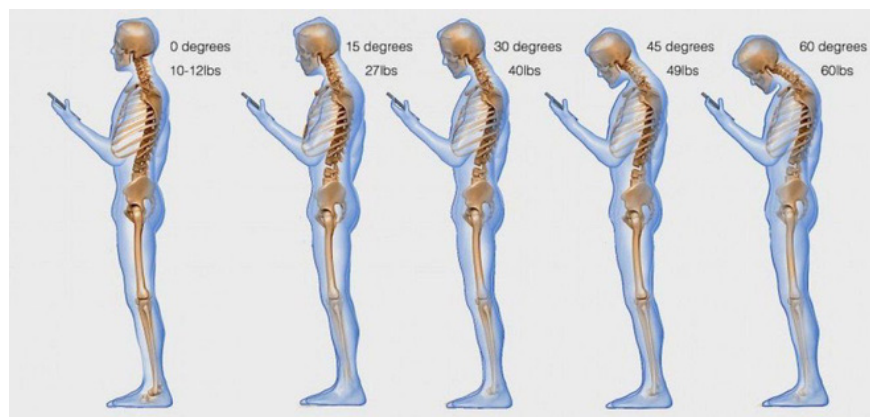


How to remove wrong posture and exercises to relax the neck area

Here are 4 easiest ways to help you control your posture easily with simple exercises that help prevent and relieve shoulder pain or any neck problems. You can apply today.

Change habits and posture to use smartphones

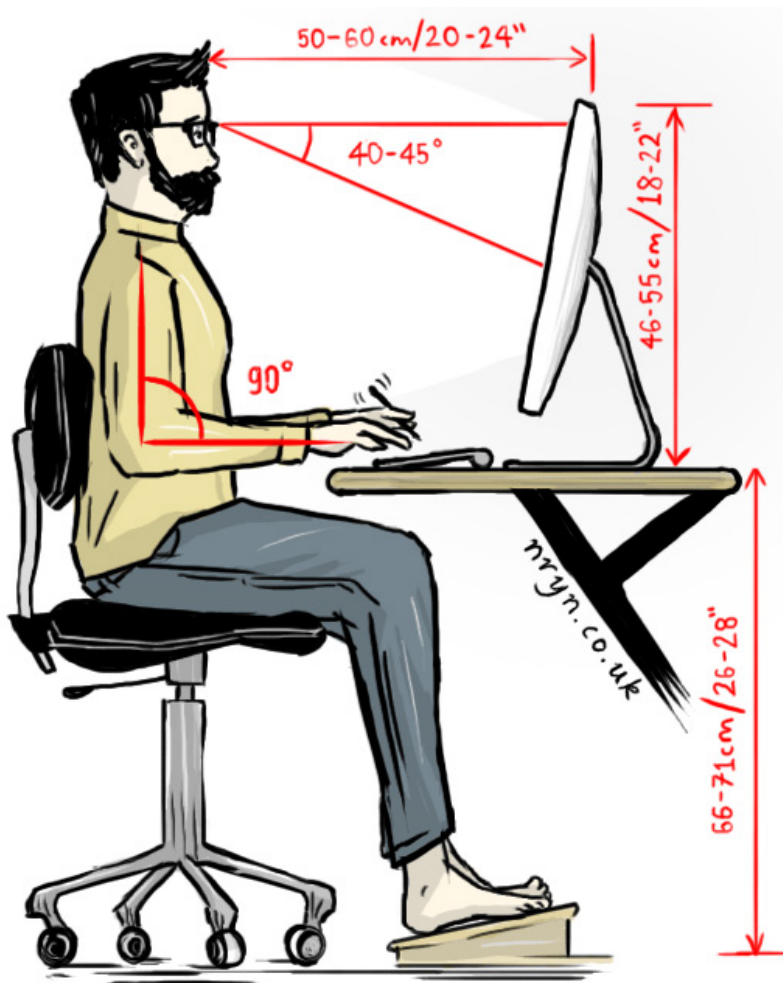
When watching the phone, most of us will bend a 60 degree angle, creating a pressure of 60lbs on the neck, equivalent to 27 kg. This position negatively affects the neck and spine.



To protect your neck and spine, you should put your phone and tablet at eye level when used, this will help you not to tilt your head forward. Never watch your phone when placing it on a table or on your lap.

Fix sitting posture

In the process of working, many ordinary people sit sliding towards their computers. This position is very harmful to your spine.



When sitting, always keep your spine straight, do not slide long in a chair. Adjust the height of the chair so that you can rest your feet comfortably on the floor and your knees at your hips. Your vision when sitting straight across the screen.

Try to stand up and walk a little bit every 30 minutes to gather in front of the computer. This will be great for your spine and heart.

Exercise: Sleeping position of a soldier

This exercise will help strengthen your neck muscles and eliminate neck pain and headaches due to wrong posture. With this exercise, you can do it anytime during the day or before going to bed.

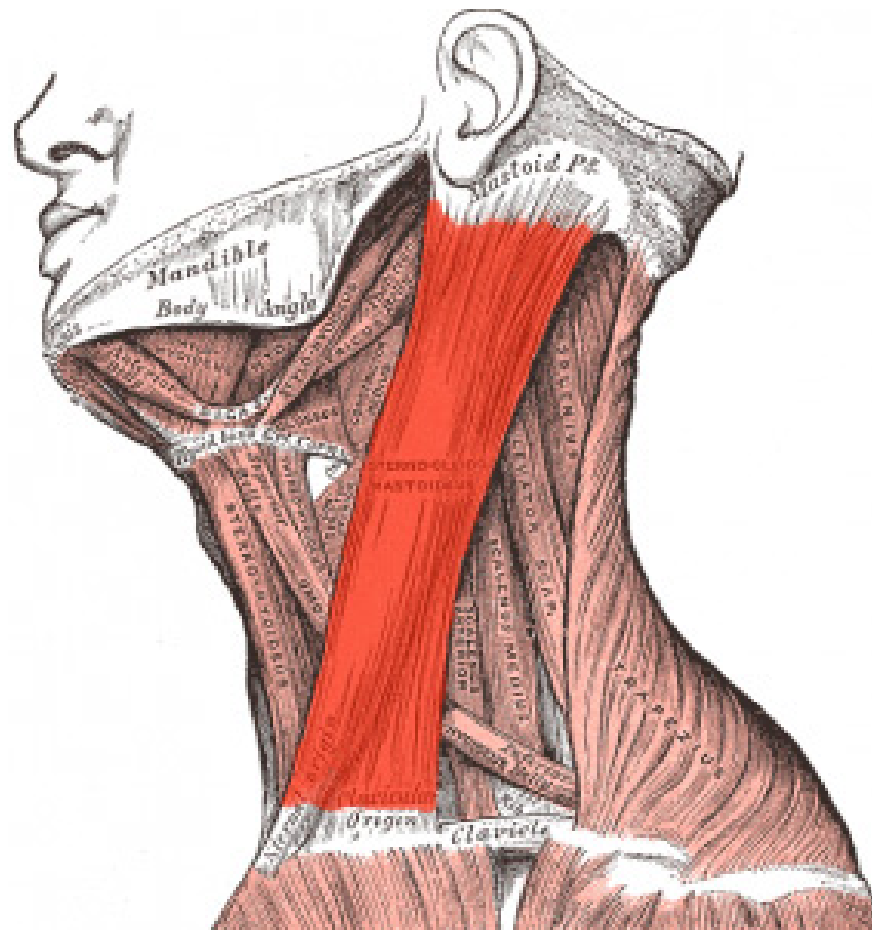


When lying down, pay attention to resting your head and neck against the pillow, then pushing your head back, pressing lightly on the pillow as if forming a double chin. Repeat this 10-15 times, each time for 5 seconds.

Note: If you feel your throat is blocked during practice, it's okay, that's normal.

Exercise: Relaxing SMC (Sternocleidomastoid Stretch)

SMC is the hardest muscle in the neck, you can follow the exercise below to loosen it properly and reduce the pressure load due to wrong posture.



You stand up or sit in a chair, turn your head to the right and look at the ceiling, your chin should be raised to a 45 degree angle. Place your left palm gently on the top of the head above the right ear and gently pull the head towards the left shoulder. In the process your chin is still pointing up. Keep this stretch posture for about 20 to 30 seconds. Every day you should practice this exercise to help relieve stress that has accumulated in the neck throughout the day.

1. Using the wrong smartphone can make your skull "tails"
2. This is the standard posture when sitting on a computer

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