

Harm when using phone, iPad ... very few people know

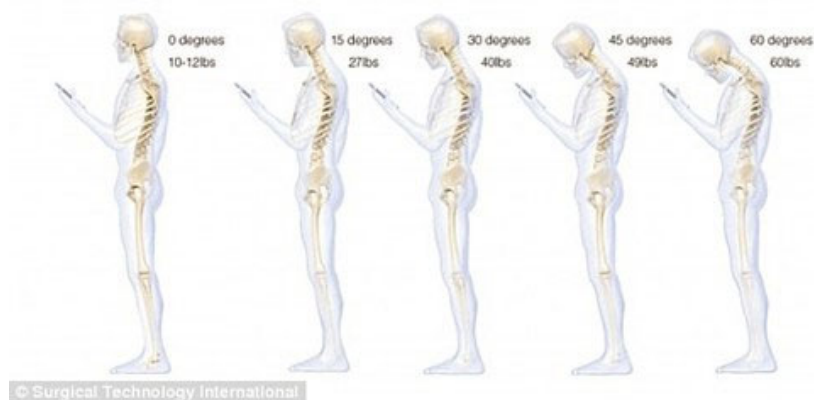
A new study shows that compared to using desktop computers, devices like the iPad make our neck muscles three times more stressed. Not only that, using the iPad also causes back pain and leads to many other health problems.

A harm when using the phone, iPad that not everyone knows, it is the bowing 60 degrees creates a pressure of about 27 kg on the neck vertebrae.

Like phones, even portable wallets, the iPad is becoming more and more essential. In fact, the number of tablet users over the past two years has skyrocketed. In the United States alone, the number of people under 18 who own tablets accounts for **42%** and more than half of people aged **35-40** often use these devices.

However, experts also warn one of the harmful effects of using tablets is that they can seriously affect a user's neck. A new study shows that compared to using desktop computers, devices like the iPad make our neck muscles three times more stressed. Not only that, using the iPad also causes back pain and leads to many other health problems.

Previous studies have shown that bowing 60 degrees to look at the phone screen creates a pressure of about 27 kg on the neck vertebrae, part of the upper spine of the shoulder. This weight corresponds to more than four heavy stones or a 7-year-old child. This is a harm when using phones, ipads and many other electronic devices.



A new study published in the journal Ergonomics said: '*The use of a tablet requires a cervical neck and head, which means the risk of neck injury in users.*' Earlier research also provided evidence of a link between neck pain and the use of such technology.

Research authors at Washington State University conducted research on 33 students and staff who regularly use tablets. Participants are tested in many positions including reading and typing for 2-5 minutes. Experts have used X-ray technology and other tests to assess bowing neck needs and affect the head and neck during tablet use.

The authors predict that the use of tablets will lead to a higher demand for gravity than a half-way posture, especially when used on a flat surface or on a table and the test results match the prediction. . Using the tablet on a flat surface or on the thigh also has the same effect as when it was erected.

The authors of the study concluded: '*Our findings have important implications for improving the posture guidelines for tablet use* .' Sammy Margo, spokesperson for the Physiotherapy Association Chartered said: '*Using the tablet for a long time is not ideal, especially when you use it on a flat surface or on your lap. That means your neck muscles will be stretched if your head You have to bend, toward your chest* . '

Accordingly, losing the '*natural curve*' of the spine from the neck leads to increased stress on the neck joints, leading to muscle aches. These stresses can lead to headaches, tearing, degeneration and the risk of having surgery.

Researchers expressed that while it is impossible to prevent these technologies from adversely affecting health, each individual should pay attention to using the equipment in the correct position and avoid spending too much time during the day using use them. Experts recommend that you sit up straight when using devices such as iPad, tablet or phone so that blood and oxygen circulate throughout the body to help digestion, improve health.

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